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# Beneath The Skin: A Novel



## Synopsis

To save her life, she must risk her heart . . . For 18-year-old Sidney Shaw, life pretty much sucks. Her mom's a drunk. Her dad's worse. At school, she's bullied by her ex-best friend. And cutting no longer brings the relief she craves. When Sidney is forced into group counseling, she meets perfect, popular Arianna, the type of girl who grieves over a broken nail. But Arianna has secrets of her own. Arianna might prove herself a friend--if Sidney can let her guard down. Then there's Lucas, the sweet and funny new guy who sees straight through her tough, snarky façade. But Sidney's wounds go deeper than anyone knows. When her secrets threaten to unravel her, Sidney must choose. How far is she willing to go to protect her family? And who can she turn to when the unthinkable happens? For fans of Laurie Halse Anderson's *Wintergirls*, Kathleen Glasglow's *Girl in Pieces*, and Ellen Hopkins's *Identical*, *Beneath the Skin* is a gut-wrenching exploration of trauma and resilience, the redemptive power of friendship, and how we piece our broken selves back together, one shard at a time. \*Trigger Warning: Includes mature content, including mild language, self-harm and non-graphic depictions of abuse. Recommended for ages 16+\*

"A must read . . . In the top five favorite books I've read this year. I recommend it along with a box of tissues." -The Musings of a Book Addict

"Gut-wrenching is the only way I can describe this book . . . The whole book is about finding a way through even the darkest of times . . . a really heartfelt, ugly-cry read." -Nerd Girl Official

"Important topics were woven into the tapestry of the storyline. Sidney as a character was complex and relatable. An important read!" -YA Books Central

"There is absolutely nothing fluffy about this book. It is very raw and realistic . . . refreshingly brilliant . . . a really good read." -Jennifer Peacock Smith, author and blogger

"A tour de force of pain and healing." -Craig Sears, author of *The Shadow Over Lone Oak*

## Book Information

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## Customer Reviews

Kyla Stone is now one of my favorite writers.

Gritty and dark, I can't recommend this book for everyone, but I absolutely loved it. The emotions of the main character really stood out to me. Beautiful, powerful writing. I look forward to reading more from Ms. Stone.

Really great book.

Well written story that touched my heart.

Sidney Shaw has a terrible home life. Her former best friend now torments her. She covers up the pain by pushing people away. She also cuts herself. Sidney does everything she can to protect her little brothers. When that means Sidney strikes a boy who was bullying her brother at school, there are consequences. She now has to start group therapy with one of her school's popular girls, Adriana. First off, this book has some big trigger points. For example self-mutilation, eating disorders, sexual abuse. Each of these things are important topics that affect many teens today. I thought that the author handled each of those topics well. They were each approached slowly and were woven into the tapestry of the storyline. This took away some of the shock factor that these trigger points could have invoked. Sidney as a character was very complex and relatable but very human. She did everything she could to fix things for herself and her family but often came up short. My favorite character was Lucas. He pulled Sidney out of her shell and helped her see the light at

the end of the tunnel. I did like Adriana but I felt like maybe the insta-friendship between her and Sidney was a little forced. Sidney's dad was the villain of the story. He wasn't totally evil and Sidney did see some positive things in him. Sidney's mother, however, had no redeeming qualities what so ever. I would have liked to see a little more of her when she wasn't totally out of it.'Beneath the Skin' delved into some important topics but is an important read. I look forward to more of Kyla Stones books.

Beneath the Skin is an excellent journey into one young woman's struggle to escape a madness that no child should ever have to endure. As a first person accounting of the story I often wondered whether Ms.Stone is relaying the story of either her own life or someone close to her - such was the characterization so finely delivered, the emotions so creatively honed and the story so realistic that I felt I was part of her world.I almost never review another author's work and it is rare for me to give 5 stars, but this one was worth it.Excellent writing Ms. Stone. Please don't stop.

Sometimes you read a book and must really process it before you can write the review. This book was one of those for me. From the minute I met Sydney I knew she was so much more than what we saw on the outside. I hated the girls who tormented her. I hated the life that she was forced to live. At the same time I admired her ability to not only survive her life, but make sure her brothers survived. She was a hero in my book. This is a book I will put on my shelves. It is an important book if it helps just one child. If this is the quality of this author's work then I owe it to myself and others to read everything she has written. Not too many people can write about this topic that takes you on an emotional ride and yet leaves you feeling good at the end. I will not write about the plot to this book. That is for you the reader to do. I will recommend it along with a box of tissues. It is probably in the top five favorite books I've read this year. I will say this is a must read.I received a copy to facilitate my review. The opinions expressed here are my own.

Beneath the skin by Kyla Stone. To save her life, she must risk her heart . . .For eighteen-year-old Sidney Shaw, life pretty much sucks. Her mom's a drunk. Her dad's worse. At school, she's bullied by her ex-best friend. And cutting no longer brings the relief she craves.When Sidney is forced into group counseling, she meets perfect, popular Arianna, the type of girl who grieves over a broken nail. But Arianna has secrets of her own. She might prove herself a friend--if Sidney can let her guard down. Then there's Lucas, the sweet and funny new guy who sees straight through her tough, snarky facade.But Sidney's wounds go deeper than anyone knows. When her secrets

threaten to unravel her, Sidney must choose. How far is she willing to go to protect her family? And who can she turn to when the unthinkable happens?OMG. A heartwrenching and moving read. It broke my heart poor Sidney. What she went through. Had tears in my eyes. 5\*. Tbc on fb.

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