2006

Trigger

Eliza Nevin

Vaught, Susan. *Trigger*. Bloomsbury, 2006. ISBN 1582349207. $16.95. 292 p.

Reviewer: Eliza Nevin
Reading Level: Young adult
Rating: Outstanding
Genre: Contemporary Realistic Fiction; Fiction;
Subject: Brains--Wounds and injuries--Juvenile fiction; Gunshot wounds--Juvenile fiction; Suicide--Juvenile fiction; Books--Reviews

Seventeen-year-old Jersey Hatch is going home after a year in a rehab center, but he still can't remember how he got there, the year leading up to his stay in hospitals and therapy, or why there is a bullet scar on his right temple. With a broken body, Jersey embarks on a journey to find some answers and reconnect with his terrified family and friends, who insist on continuing to ask Jersey why he shot himself in the head—something he doesn't believe he did.

Vaught, a neuropsychologist, tells an authentic story inspired by her many suicidal adolescent patients. Jersey's thoughts as he tries to live a normal life with a hole in his brain are always bitterly funny and often heart wrenching. Readers will experience an incredibly powerful, mysterious story as they discover answers with Jersey. The subject matter of suicide may be disturbing, but the honest portrayal of Jersey's struggles will open readers' eyes to the realities of mental health problems and suicidal tendencies among teenagers.