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Adrenaline Crush

Lisa Packard

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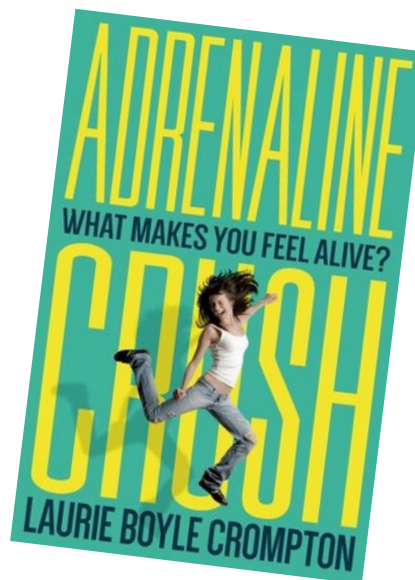
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Book Review

Title: Adrenaline Crush
Author: Laurie Boyle Crompton
Reviewer: Lisa Packard
Publisher: Farrar Straus Giroux Books for Young Readers
Publication Year: 2014
ISBN: 9780374300616
Number of Pages: 180
Interest Level: Intermediate, Young Adult
Rating: Excellent



Review

Dyna is a huge adrenaline junky and risk-taker no matter what the challenge. One day she goes too far and everything ends in disaster. She wakes up in the hospital to find out that she fell off a high cliff and shattered her leg. Realizing she might never be able to go on adventures again, she goes to a physical therapy group where she meets a young veteran who lost his leg. As she slowly begins to heal, she realizes that she won't be truly happy always playing it safe. Her physical therapy group encourages Dyna to take risks again, to find new adventures, and to be herself. Dyna is finally able to spread her wings, move on from the trauma, and be a risk-taker once more.

Adrenaline Crush is a wonderful story to better understand those going through a traumatic time in their life or trying to overcome a traumatic experience. Dyna goes through shock, anger, and sadness as she realizes what happened and the consequences of her actions. It is painful for her to give up everything she loves, and to not know whether her body will heal enough to regain its mobility. Dyna's story is very relatable and real, and may help others see that they can be strong too. Help groups or classrooms can find interesting topics to explore in order to understand trauma better. It seems as if Crompton has experienced something similar to Dyna, or at least put a lot of research into her story. This is a very well written story for anyone needing help, support, or understanding, or perhaps just a fun read.

*Contains severe language and mild to moderate sexual content.