2018

Frazzled: Everyday Disasters and Impending Doom

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BYU ScholarsArchive Citation
Greenwood, Jamie (2018) "Frazzled: Everyday Disasters and Impending Doom," Children's Book and Media Review: Vol. 39 : Iss. 2 , Article 34. Available at: https://scholarsarchive.byu.edu/cbmr/vol39/iss2/34

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Book Review
Frazzled: Everyday Disasters and Impending Doom

Abbie Wu is perpetually stuck in what she calls “The Middles”. She’s the middle child, always stuck in the middle seat, and now she’s starting middle school. Just as she feared, Abbie’s first day is a complete disaster. Abbie finds herself feeling alone and out of place, that is, until she finds a way to remedy the middle school’s lunch situation by starting an underground snack swap. Everyone loves it! Then her prized snack swap gets shut down by the school, and Abbie starts to despair again. With the help of her older brother and her Aunt Lisa, Abbie learns that sometimes things don’t work out, and that’s okay. In the end, Abbie decides that maybe middle school isn’t so horrible after all.

Frazzled appeals to the very particular audience of middle school students. This can be a very sensitive time for many of these children because things are just awkward and everything is changing. Many children find themselves in the same predicament as Abbie—alone and without a place to fit in. This book would be very valuable in a classroom library for middle school students or children who are about to begin middle school. The witty commentary will allow readers to find the humor in daily middle school situations, or, as Abbie likes to call them, “everyday disasters.” By the end of the book, Abbie has come to a realistic resolution. Middle school readers will identify with Abbie and learn these valuable lessons alongside her. Though their lives may not dramatically change for the better, they will have some deeper understanding and broadened perspective.