



Losing Adam

Adrienne Clarke

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Winner of the silver medal in the Independent Publisher Book Awards for best YA novel!

What happens when the person you love most in the world suddenly becomes a stranger?

Adam and Jenny's world is falling apart. Their dream of attending college together away from home quickly becomes a nightmare when Adam begins hearing the voice of the Snow Queen. Adam's startling transformation from popular drama student into a withdrawn, suspicious stranger leaves Jenny frightened and confused. How can the person she loves most in the world suddenly become someone she doesn't recognize? As Adam drifts farther and farther away into the Snow Queen's mysterious world of ice and snow, Jenny believes she must fight to bring him back or risk losing him forever.

Vividly narrated by Adam and Jenny, the struggle to understand the impact of Adam's mental illness, forces both characters on a journey of self-discovery that leads to understanding about life's uncertainty, the power of first love, and the pain of letting go. Drawing on elements of The Snow Queen fairy tale, Losing Adam is a unique combination of drama and romance.

Losing Adam Details

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Author : Adrienne Clarke

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From Reader Review Losing Adam for online ebook

Jennifer says

I loved every aspect of this book. *Losing Adam* first drew me in with its gorgeous cover art, and homage to The Snow Queen fairy tale. This is the second retelling of a beloved fairy tale I've read that took me by surprise. The term "original fiction" is hard to claim these days. We're all influenced by legends and fairy tales we heard growing up. In our modern age, we're raised on movie and television interpretations of these same tales. But *Losing Adam* dares to claim this kinship, this nod to the past, and craft something so flawed, it's beautiful. That's the best way I can think of to describe Adam and Jenny's relationship.

I loved the early 90's college setting. Not only was it nostalgic for those of us old enough to remember those years, but the time aids in complicating Adam's sickness. Like much else at the time, Adam's mental illness is brushed aside and shoved under the rug. All Adam wants is the normal life with Jenny he's always dreamed of. But fairy tales don't always have happy endings. And the author bridges this connection best in the following quote:

"I don't think fairy tales are simple. We might think they're just about happy endings, but it's their darker elements that make them so compelling. Reading them changes us. Once you've broken through the wall of thorns, bitten the poisoned apple, or donned that pair of glass slippers, you're never quite the same. Suddenly, you see the world full of light and shadows."

Losing Adam isn't your typical love story. It's so much deeper than that. It dares to ask what happens when true love is given an insurmountable challenge. Can it last and should it last? Are we given just one chance at that kind of love, or is love more fluid and profound than we allow it? I'll end with another quote from Adrienne Clarke:

"Once you know love's shape, the way it feels under your fingertips, the sound of its voice in the dark, it won't ever leave you. You might lose sight of it for a while, but just when it seems winter has come to stay for always, spring arrives when you least expect it."

Sherri Thacker says

Mental illness is a real thing and this book demonstrates this well. This story was so raw and full of emotion. It pulls you right into the story and you just want to help Adam. College is scary enough when a teenager moves away. I give this 4 stars for making me more aware of mental illness and how scary it can be.

This book was given to me free of charge by NetGalley in return for an honest review.

InD'tale Magazine says

4.5/5.0

An excellently crafted contemporary tale, "Losing Adam" presents the crisis faced by those with mental

illnesses developed later in life and the costs and challenges that accompany these illnesses for the person suffering them and the people around them.

Read full review in the 2018 May issue of InD'tale Magazine.

Laura Hernandez (TheVoluptuousBkDiva/YABkDivas) says

"I don't think fairy tales are simple. We might think they're just about happy endings, but it's their darker elements that make them so compelling. Reading them changes us. Once you've broken through the wall of thorns, bitten the poisoned apple, or donned that pair of glass slippers, you're never quite the same. Suddenly, you see the world full of light and shadow."

Never has a more eloquently story been told and I feel blessed for having read it. This tale is told via two points of view; Adam and Jenny, which made the storyline more powerful and mesmerizing. We are granted front row seats to a beautiful love story and the effects of mental illness and we bear witness to the emotional turmoil and even the devastation that occurs, not only with the person who is diagnosed but also by the ones whom they love. I was a bit put off by Jenny at times as she demonstrated some selfishness but I kept coming back to the fact that this young girl was for all points and purposes in her first relationship; Adam is her first true love.

I loved how the author incorporated the use of the Snow Queen here as Adam was caught up in that deep, cold desolated void not being able to comprehend what he was truly experiencing until later on in the story. I was so fascinated with this story and beautiful characters that I read this in one sitting. I'll even tell you that I was so captivated by the cover that I purchased the paperback instead of the ebook. I was touched by the words in this book and experienced overwhelming emotions. I highly recommend this book.

I have tattoos and found the following to be an Ink Worthy quote which I hope to get done:

"Once you know loves' shape, the way it feels under your fingertips, the sound of its voice in the dark, it won't ever leave you."

Giselle says

Request a review copy here: [\[closed - other review opportunities found here\]](#)

Catharine Leggett says

This IPPY-Award winning novel takes a sensitive, tender-hearted approach to a difficult subject. Adam and Jenny, soul mates since high school, are perfectly attuned to each other until Adam begins to change, after they set off for the same college. The chapters alternate between Jenny's point of view and Adam's, allowing us to experience directly the internal struggles of each character as they try to comprehend Adam's gradual, and at times inexplicable, behavioural shift. Jenny goes through self incrimination and states of confusion as she tries to understand and adapt, but the force that comes in the hallucinatory form of the Snow Queen, represents something far darker and too strong for either character to overcome. "Losing Adam" shows how

letting go, for the sake of individual survival and healing, may be the ultimate act of love. An absorbing and emotionally involving novel.

Robyn says

Losing Adam is an emotional and heartbreaking story about mental illness and how it affects not only the person suffering through the disease, but also how it affects the people around you.

Adam and Jenny have been dating since the 9th grade. They have the perfect teenage romance and they both can't wait to leave their dysfunctional homes and attend college where they can be together and on their own. It should have been a happy time for Adam and Jenny, but when they arrive at college, Adam's grip on reality slowly starts to crumble. Jenny does not understand what is going on with Adam, but she knows he has changed and it scares her. Adam is her whole world, but he has become moody, gets headaches, starts to hear voices, stops taking care of himself, and becomes emotionally detached. Jenny does not understand what is going on, but she will do everything she can to get Adam back. Will one tragic night change the course of Adam and Jenny's life for good?

While I loved Adam and felt he was a relatable and sympathetic character, I didn't always get the same feeling for Jenny. I think a lot of it has to do with how young she is and not really having an understanding of what a mental illness can do to a person. I do believe she wanted to help Adam, but in a way I also think she was a bit selfish as she wanted her Adam back. The Adam she fell in love with in high school. I just found Jenny to be a little naive in trying to keep his secret instead of telling someone so Adam could get the help that he so desperately needed. In a way, I think the decisions she makes during the course of the story has a lot to do with her feelings of being abandoned by the one person she thought she would be with for the rest of her life. I get it that Jenny is young and this is her first serious relationship and she would do anything to hang onto the hopes and dreams that she and Adam both shared. For a long time, Adam was her whole world and when things started to change, fear started to set in. But, I do think Jenny finally had that moment of clarity where she was able to finally grow as a person and accept that change is a part of life regardless of how much we try to control it.

Adrienne Clarke lends an air of compassion and understanding to a disease that has been kept on the hush hush for so many years. I am so grateful that there weren't any of the typical stereotypes associated with a mental illness such as schizophrenia. Clarke takes us through the depths of the onset of someone suffering through a horrible disease and shows the loss of control over your own thoughts which is frightening and yet so realistic in its telling. I could relate to the story and understand what was going on with Adam because my aunt also has schizophrenia and when she would go off her medicine she often times exhibited signs of paranoia and voices in her head. It is really sad and heartbreaking to see someone suffer through this disease.

Losing Adam is such a touching and heartfelt story that shines the light on mental illness in a caring and compassionate way. I found myself thoroughly engrossed in the story right from the beginning and through it all, hoping that Adam could pull himself out of the darkness and learn how to accept and love himself regardless of such a devastating disease.

Sara ? says

Thank you to Netgalley for giving me the chance to read and review "Losing Adam" by Adrienne Clarke. This book was a gateway into what mental illness is like for some people. The story line was decent. I hated how much Jenny was dependent upon Adam. Overall, a good book.

Blaise Ramsay says

Choosing Adam is a novel I usually don't read but thoroughly enjoyed the change.

The story follows the two main characters, Adam and Jenny as they begin their journey from two difficult households to college life. However, as the story progresses, it becomes very clear something is wrong with Adam. He begins hearing voices, getting headaches and appears to be overall paranoid of everything and everyone around him. This puts great strain on the relationship between Adam and Jenny but their loyalty for each other is nothing short of heart-warming.

The critique I would add would be the overall repetition of the story seemed to drag out in a day to day basis. I almost wanted some more conflict. To me this story could have been told as a flash fiction rather than a novel with just as powerful of an impact.

This all being said, I enjoyed reading it. It is definitely a change from what I usually read or write and was well-formatted. I appreciate the author's willingness to bring a very real struggle to the forefront of the literary world.

Very well done and I will gladly review this author's work in the future.

I would recommend this book to people who appreciate contemporary writing that does not involve the paranormal or anything other than two lovers struggling to hold onto something they care deeply about. It's very heartwarming and sad at the same time.

The Book Girl (Andrea) says

"I don't think fairy tales are simple. We might think they're just about happy endings, but it's their darker elements that make them so compelling. Reading them changes us. Once you've broken through the wall of thorns, bitten the poisoned apple, or donned that pair of glass slippers, you're never quite the same. Suddenly, you see the world full of light and shadow."

As a child of a parent with schizophrenia, I was hesitant to read this book. I was nervous it would have all the same stereotypes a lot of other books have. To my pleasant surprise, it has none of those. In fact, it shows you that mental illness is a real issue and doesn't demonize people that suffer.

Losing Adam is a wonderful love story told from two points of view. Both Adam and Jenny. I read this book in one sitting it was that was good. This is a well-written book with a seriously gripping storyline and seriously adorable characters.

The story begins when Adam begins to hear the voice of the Snow Queen. For, the other main character his

girlfriend Jenny it is hard to see him like this. To see him suffering and struggling so much. She doesn't recognize him anymore and their dream of going to college seems to be falling apart. She will do anything to get things back to normal and fix things.

Disclaimer: I received a copy of this book from the author and Xpresso Book Tours in exchange for my honest and unbiased review. All thoughts are my own and do not reflect that fact.

Myreadbooks says

On the cover we see Jenny with her eyes closed and her air concentrated. And in fondue chained on the face of Jenny we see Adam walking alone on the edge of a road.

It all starts when Adam begins to hear the voice of the Snow Queen. For Jenny it's going to be hard to see him like that, she does not recognize it anymore, their dream of going to college collapses. She will fight to bring it back to reality.

A wonderful love story told from Jenny and Adam's point of view that I almost read in one go. I put myself directly in the skin of Jenny: how to do when the person we love drifts from day to day, aside to fight with her to bring it back to reality. A good well written book with a gripping story, endearing characters. I recommend it.

Romantic Intentions Quarterly says

Newly in college, Adam is hearing voices. Specifically, one voice: the Snow Queen, right out of the fairy tale. His girlfriend Jenny is determined not to let him slip away, but with Adam's intruder getting ever more insistent, will she lose him, the real him, forever? A well-told and fully-realized story of two young people learning to deal with mental health, with first love gone wrong and with starting over after everything falls apart. Excellent. – Maura Tan

* This review appeared in the April 2018 issue of Romantic Intentions Quarterly.

Amanda says

This review was made possible by #netgalley

Trigger warning - this book deals with mental illness in an upfront and honest way. If you can't handle seeing someone fall apart due to mental illness, skip this book. Otherwise, read on.

I love this book, not just for the characters but for the straightforward way Clarke faced her subject matter head on. As someone who deals with depression and anxiety on a daily basis due to PCOS, it was comforting to know that someone else does know what it feels like to not have control over your emotions. Once of the main characters, Adam, develops an extremely difficult mental illness (view spoiler)

Ashley says

This was raw and powerful. I had a great grandma that went through Alzheimer's and it was scary. Even scarier to think that it could be passed down through the family. I think this is a very realistic account of how disease affects the mind. Something very suspenseful.

I received a copy of this book and am voluntarily reviewing.

Neelam Mungekar says

Losing Adam' by Adrienne Clarke is a story about Adam and Jenny who are from a family who have problems and meet at a school play and we follow their journey until their college life. Everything was going well between Adam and Jenny when all of a sudden Adam starts hearing voices, gets headaches and appears to be paranoid about everything and everybody around him. This puts a strain on their relationship but their love and loyalty for each other are heartwarming. Jenny cannot see Adam struggling like this and she sees him as a different person from the one she knew earlier and she is very keen on helping him and getting her boyfriend back. Will Jenny be successful in helping Adam?

The plot of the book was very repetitive and slow. The story was dragged all along and there was very little conflict in the story.

The characters of Jenny and Adam seem realistic the struggle they go through during Adam's illness. I somehow didn't like Jenny's character as she seemed to be a little selfish. We also get to see how Adam's condition deteriorates due to schizophrenia and how he is coping with it and Jenny really wants to get better and help him.

Overall it was a good book but would have been better if there was more conflict and if it was less repetitive, I would surely recommend it to people who want to read something different than their usual reading.
