



# Thinspo

*Amy Ellis*

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## **Thinspo** Amy Ellis

Jenni is an average teenage girl about to graduate from high school who keeps a blog about her struggles to get a boyfriend and arguments with her best friend, Carly. But Jenni's blog is a bit different. She's a pro-ana/pro-mia blogger documenting her struggles with her eating disorder, keeping track of her weight, calorie intake and what her parents made her eat. When her best friend Carly discovers her blog, things start to blow up, only getting worse as Jenni meets Dani, who also suffers from an eating disorder. Jenni's story is tragic and sarcastic rolled into blog format and told through her posts and text messages.

## **Thinspo Details**

Date : Published October 16th 2012

ISBN :

Author : Amy Ellis

Format : Kindle Edition 136 pages

Genre : Health, Mental Health, Young Adult, Fiction, Mental Illness

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# From Reader Review Thinspo for online ebook

## Jade says

This book did keep my interest, I will say that. The character was believable, but the format kept me from truly getting to know her. And the length left something to be desired.

Also, I noticed about three or four grammar mistakes that kind of threw me off, one time Jenni's name is even misspelled. I'm assuming this was self-published? Nothing wrong with that, just the editing could have been better.

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## Aimee says

Very short book and a quick read. At first I thought the writing style would be annoying, but the book wasn't long enough for that to happen. Overall I enjoyed the book but would probably not recommend it. It reads as if you're reading the middle excerpt of a book. You suddenly enter the story and you suddenly leave it.

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## Monisha says

You know, despite this being a super short book and full of typos in places where I'm pretty sure there weren't supposed to be typos, I actually enjoyed reading this.

It's a bunch of blog posts and comments and texts by a teenage girl who runs a pro-ana blog. And guess what. The narrator actually does sound like a teenage girl running a pro-ana blog.

Let it be known that I'm totally against the whole pro-ana movement. Anorexia is a very serious issues. It is not a diet. It is not a lifestyle choice. It is not a fad. It is a disorder.

For those of you who have or do suffer from eating disorders: this book has the potential to be triggering. Food habits and issues and behaviors are often very vague in this piece, due to the fact that it is meant to be a blog by a teen girl, but active minds do what they will. Sometimes all it takes is a word to send you over.

I appreciate the realistic nature of this piece. I'm tired of reading books like this that are blown up to a super exaggerated point.

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## Rose says

I was very interested in reading this book but I felt very disappointed. It was filled with uninteresting, unlikeable and one dimensional characters that I could not bring myself to care about. There is virtually no character or plot progression and the entire book ends abruptly followed by a preview of another book by the author. It is a random cobbling of inconsequential, unrealistic events and conversations. After finishing the whole book, I could not recommend this book to anyone.

There are a wealth of books that represent similar subject matters, far better I suggest reading them instead.

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## **Madde says**

TRIGGER WARNING

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## **Medeia Sharif says**

Told in blog posts, blog comments, and text messages, this book follows the life of Jenni. She's obsessed with her weight and calorie consumption and maintains a pro-ana/-mia blog. She alienates old friends as she makes new friends who have eating disorders. They get her, while her former friends don't. This isn't really plot-driven, but it's still a fascinating book. Even though it's not in a diary format, it reminds me of other issue books written in such a way.

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## **Chloe-Louise Finch says**

I give this book 3.6/5

I found it Easy to read. i did feel like it was a little bit too short, When You suddenly enter the story, you suddenly leave it. The ending felt very rushed. it could have been made longer like by making it into her recovery.

It was quite easy to connect with Jenni, as she was made into a believable and relateable character.

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when she was describing her desire to be thin, it was easy to understand her. There were a few spelling errors but nothing that affected the story too badly.

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I felt that some information was missing, and I completed it myself so it is not a big deal to me, but it is for someone who has never been under her skin.

At times the story did lack a bit of a plot and nothing really happened until the end. This book didn't knock my socks off, but I didn't hate it either.

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i do say this is not a good book for someone recovering from an Eating Disorder to read. but for others this may be an eye-opener to the scary mindframe of suffering from an eating disorder.

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With no real ending, it leaves her future to our imagination.

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## **Katie Clements says**

This is basically pro ana in book form. It was triggering as a survivor. And I'm afraid it will give people the wrong idea.

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## **Paulina says**

I don't know why I expected this book to be something other than what the title suggests. This short written in blog format and text messages by the main character Jenni who is an average girl graduating high school keeping a blog about her teenage life. Jenni is a pro-ana / pro-mia blogger who documents her struggles with her eating disorder, she keeps track of her weight, calories and what her parents make her eat. When Jenni's best friend Carly discovers her blog everything turns into chaos for Jenni. Until she discovers Dani another pro-ana blogger suffering from an eating disorder.

This was rather hard to read, for someone that actually went through something similar thank goodness it was never as serious as Jenni's eating disorder it was a massive eye opener. At first it made me actually identify with the pro-ana/ pro-mia bloggers which scared me as it's not something I wish to revisit but as the story unfolded I realised just how selfish Jenni was as a character, and just how stupid she was for what she was putting her family through; I wanted to shake her and scream at her.

I don't want to really go into this as it's a rather touchy subject, but the novel was superb and the way it was written was really original. I'm falling more and more in love with Amy's writing and her stories.

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## **J.B. says**

### **Mental...**

This book provided an insightful glimpse into the mind of someone suffering from an eating disorder. It felt very real, and at times, was quite tragic. It is sad that an affliction such as this exists, but it is a very real problem; one that too many people tend to dismiss as "vanity". Websites like the ones in this book, should not exist, in my opinion. They should be found out and shut down, as something terrible and deadly can result from them.

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## **Diana says**

I enjoyed this short read but I wish there was more. I hate being kept in the dark about characters that I feel invested in.

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## **Anna says**

Although the story was typical and predictable and the writing unsophisticated, having been through the issues the protagonist faced meant this book connected with me. It was extremely accurate and honest. Despite the spelling mistakes I read it in less than 24 hours in order to see what my life experience was like written on paper. Would not recommend it for those not on the road to recovery but for others this may be an eye-opener to the scary mindframe of suffering from an eating disorder.

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## Smilescoming says

Despite this book is far from being one the best on eating disorders I've read, I found myself completely hooked on it because it is highly relatable.

That's the reason why I can tell Jenni's thoughts are real. That's exactly what someone suffering from an ED who runs a blog about their struggles feels. Anyway, I felt that some information was missing, and I completed it myself so it is not a big deal to me, but it is for someone who has never been under her skin.

What I liked the most is that it touches a trending topic nowadays: the proana/mia thing. Not because I agree with it, but because it lets everybody see that the suffering is real.

Glamorising eating disorders on the internet is not something done by healthy teenagers looking forward having an eating disorder in order to lose some weight. In most cases, it's done by people all ages who actually do have a problem which needs to be addressed. It's a way to vent out the overwhelming feelings that come along with the disorder and to seek for support and understanding. And Jenni portrays this idea perfectly, in my opinion.

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## Liralen says

*Thinspo* is written entirely in blog posts and text messages and the like, which means that on the one hand it sounds pretty realistic and on the other hand...sometimes it's a bit too realistic. There's very little in terms of characterisation or description and so on, because that's not really what teenagers are thinking about when they're blogging. It makes sense, to an extent, but it also feels like...poke around on the Internet and you could find very similar blogs, very easily, with perhaps a bit less of a plot but otherwise the exact same feel.

I suppose that's the point? Will suit some people quite well; there's *much* worse out there. For me, though, it was just as well that it was such a short read.

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## Lily (WhoLockian) says

- \* Paperback: 136 pages
- \* Publisher: CreateSpace Independent Publishing Platform (October 22, 2012)
- \* ISBN-10: 148013161X
- \* Author : Amy Ellis
- \* Cover art: It makes a statement
- \* Overall rating \*\*\* out of 5 stars
- \* Obtained: My personal book shelf

Thinspo by Amy Ellis

Reviewed by Moirae the fates book reviews

Jenni is an average teenage girl about to graduate from high school who keeps a blog about her struggles to get a boyfriend and arguments with her best friend, Carly. But Jenni's blog is a bit different. She's a pro-ana/pro-mia blogger documenting her struggles with her eating disorder, keeping track of her weight, calorie intake and what her parents made her eat. When her best friend Carly discovers her blog, things start to blow up, only getting worse as Jenni meets Dani, who also suffers from an eating disorder. Jenni's story is tragic and sarcastic rolled into blog format and told through her posts and text messages. (Synopsis provided by goodreads)

Okay, this is one of the shorter eating disorder books I have read. I do wish it was bigger than it was but it's not. It's just an okay book, it didn't knock my socks off, but I didn't hate it either. I think what bothered me most was the ending, it felt very rushed, it all got solved and fixed up way too easily for my tastes. Jenni felt real though, which I liked. Her anger, hurt, frustration was all things that a friend of mine (may she rest in peace) felt reading the book, I felt like I was reading about my friend.

It's a fairly fast read, I read it in a few hours on a trip. I would say to borrow it from a library or a kindle exchange before you buy. I don't think I'll be reading it again.

Overall there are better books about eating disorders you can read. The one I'd recommend the most would be Wintergirls.

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