



Time to Let Go

Lurlene McDaniel

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The doctors assure Erin Bennett and her parents that they can't find a physical cause for her headaches. But the throbbing, violent pain is so intense that Erin knows she needs help. Even landing the lead in the senior musical opposite David Devlin, the good-looking, popular guy everyone else is wild about, doesn't give Erin much pleasure. In fact, she finds David so annoying that her headaches are getting worse.

Erin knows that the headaches started just after the death of her younger sister, Amy, one year ago. She thought her grieving was over, but somehow the headaches must be connected to Amy. The therapist Erin starts seeing begins to help her deal with her pain, but what is it about David that triggers Erin's violent reaction?

Time to Let Go Details

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From Reader Review Time to Let Go for online ebook

Tabitha Vohn says

I had the book with original cover long ago. This story was so therapeutic to me, as I suffered from panic attacks as a young teen. I truly appreciated this novel.

Victoria Dimmitt says

This is a short, quick read. It wasn't one of my favorite's by this author, but wasn't too bad. Focuses on a senior in high school who lost her sister a year before in a car wreck. This would be a good book to read for a teen who might be in a similar situation with grieving for a lost one.

Jessica says

My heart ached while reading this book. The grief is just too much. Everything Erin felt, I felt too. She was trying so hard to deal with her emotions and also keeping things together for her and her family.

Glad she was able to start healing at the end:) Glad she had people in her life like Shara, Dr. Richardson, Beth, and, last but not least, David.

I liked the ending when she showed up to the Special Olympics in a clown costume. David was so surprised about the connection.

Now I have to go watch an episode of Friends. Gotta think happy thoughts!

Toughlove says

Time to let go, by Lurlene McDaniel, is a sequel to Somewhere Between Life and Death. After Erin's little sister dies, Amy, she is starting to have these massive headaches, and no one can figure out why. Her therapist thinks that it has something to do with Erin letting go of Amy's death. Then she meets this boy named David Devlin, and she thinks that he is causing her headaches. When she tells Dr. Richardson, about him, she realizes that he is a lot like Amy. On top of these headaches, her parents are always fighting, about every little thing. Her friend Shara is sometimes helpful, but when she wants Erin to go to the prom, with her and her date, she gets mad. When Erin goes to talk to her friend from the hospital, she wants to cheer her up, so she picks out a dress with her. All these things are piling up, and she doesn't know what to do. She still feels like Amy is the favorite, even though she is dead. She is so confused, about everything that is going on in her life.

Time to let go, was written for people who have a lot of things going on in their lives, and are trying to deal with that death of a loved one. This book expresses the feelings that are going on in, her head, and all the things that are coming down on her shoulders. Children who have lost a sibling, and have other things going

on in their lives, probably feel the same thing she is. It is a good insight, on there problems, and feelings about the subject. It is a deep and thoughtful book that in my opinion, should be read by everyone, especially by people who are going through a hard time. This book, is about moving on, and letting go of the past, dealing with life, and expressing your thought and feelings. It is a powerful book.

Jasmine says

This book is called time to let go by Lurlene McDaniel. The main characters of this book are Erin, David, and Erin's parents Mr. and Mrs. Bennett. It's about Erin, a senior in high school whose younger sister Amy passed away. It's been a year since her sister's death and Erin continues to get these extremely bad headaches and doesn't know why. They've run a few tests and still have no reason for the headaches. Her family seems as if its falling apart and they're forcing her to go to a therapist every week. Although this is a fiction story it seems so real. This story takes place in Florida, and is a sad but happy book. It also is told in third person. This book is sort of difficult to tell what the authors purpose. But I can say that once again Lurlene McDaniel has made powerful piece of writing. I think that anyone that has lost somebody close to them should really read some of her books because they can really give you some ideas on how to handle death situations. This has happen in other books I've read by her. If I had lost someone close to me I think her books could really help me. So the authors purpose in writing this novel was to explain how just in life in general it's not good to keep things balled up inside you. You need to cry and express your feelings because if you don't it could hurt you mentally and physically.

So altogether this is another great book by Lurlene McDaniel. And this is going to be the last of her books I read for a little while and I really enjoyed it. That is until I get another one!

Soph says

I read the book, Time To Let Go, by Lurlene McDaniel. This is about a teenage girl named Erin Bennett, who happens to go through the struggle of constant headaches ever since her sister died the previous year. The fact that I finished this book within three days just proves that it was full of consistent suspense and I would have to be forced to just put the book down. Coming from me, I've never been crazy about books, but this one reached out to me and had the ability to make me truly want to read it.

The text in the book easily caught my attention due to the characters speaking in an intelligent manner, and a very mature way. For example, Erin said, "I think that hurting gives us a way to measure being happy. How can you know one without knowing the other?" Not everyday you hear things like this coming out of a teenager's mouth. However, some of the characters would speak just like teenagers, which was easy to comprehend and relate to. For example, "How's that boyfriend of yours?" Erin's best friend, Amy said this because they are both consistently caught talking about boys. The topic of "boys" is very popular in the teenage girl world, as it's proven in this book.

The author of the book, Time To Let Go, had the knowledge and intelligence to really enforce the theme that she is trying to share with the world. As I finished the book I knew instantly what the theme was. I came to the conclusion that it is always hard when it comes to losing a family member, no matter what the conditions or circumstances are. It forces you to act unusually different, due to the stress, despair, and reminiscing of your loved ones. I think this theme is important and worthy of thought because even if you've never

experienced losing someone, there is somebody in this world that has. Just like Amy, her family was innocent as can be but then her sister passed away suddenly. I have lost loved ones, so I can relate to this book, which made it enjoyable.

Overall, the book, *Time To Let Go*, by Lurlene McDaniel deserves a five star rating due to the emotion it implies. The plot was described in a comprehensible way, which made the pages in this book turn faster as I read it. The plot was introduced in the beginning, which always makes it easier on the readers part just so you have a taste of what your about to read. It was well developed and it really reached out to me and allowed me to connect with the storyline. The book showed that it was hard for Erin and her family to lose someone that they were so close to. In which, I know a solid amount of people that could easily connect to Erin's position where they both go through the struggle of stress and missing that person they lost.

Brittney Hurley says

I liked this book a lot more than the first one. in this book Erin is having some health problems of her own, she is having crippling headaches and can't seem to shake them. it's been a year since the death of Amy and her home life just isn't what it use to be. she feels like she is having to play the role of both sisters when her parents marriage begins to crumble. while attending school Erin learns of a play and , when she scores the lead role she meets someone that will influence her life greatly, help with the headaches, and learns that he is what she really needed all along. he teaches her to think outside the box and not care what others think. his clowning attitude helps lighten her up from the death of Amy. he was truly a blessing to her. this book was fantastic, it shows how counseling and therapy can do to help one with grieving the loss of a loved one. I would recommend this to high school students who have prior knowledge on organ donation and professional help.

Alyssa Acula says

i really love david's personality! such a refreshing character after reading a bunch of books with the main male character being all sexy, and cool or whatever. medyo nakakainis si erin. ang "poor baby" at "pity me" kasi ng dating n'ya

Sophia Chow says

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Living life isn't easy when a close family member of your family and life dies. You will gain a lot of pressure, stress, and may be depressed all the time. Erin, the main character of the book, has severe headaches after her sister's death. She is trying hard to seek help from medical doctors and professionals, but it isn't as easy as she thinks.

In *Time to Let Go*, Erin have had severe headaches after the death of her sister, Amy. The pain of the headaches are really bothering Amy, it is basically killing her. She tries seeking help from a variety of

doctors and professionals, but they can't find the cause of the headaches. In addition, they don't seem to help Erin at all. Even consueling does not seem to help Erin. Instead, they predict that these severe headaches that Erin is facing may be related to Amy. However, this is only a prediction, no actual facts to support it. Erin likes a hot and popular guy named David in School, and she believes that maybe love can help her. Why do Erin have these headaches? Will David help her with her headaches after all? What is the cause of the headaches?

While reading Time to Let Go, I felt like I was Erin myself. I can imagine that pain she is facing with those headaches, and how much it bothers her. I will also feel bad that even doctors can't help. This book is great, and if I have a chance to recommend this book, I definitely will. I would like to recommend it to teenagers. This is because this book relates to teen issues, and it can be easily connected to teens and problems they may be facing also.

Time to Let Go is a great book that has special moments and contains a unique plot. It is definitely easy to read, and entertains readers a lot.

Coryn N says

This book was great! I gave it 4 stars because it showed how hard life would be if you had constant headaches, like Erin did. No one can figure out the cause for her headaches. I wanted to keep reading the book it was hard to put down. I recommend this book to anyone who likes her books. She is a really good author; I have read better books of hers. This one was a good one though.

Traceylee says

Why

Because all of her books I love. The girl in this book has headaches all the time. The mistake I made is I read the second book in this series first. Now I am going to read the first one next.

Daci says

I enjoyed this book because it was very interesting and fun to read. I could hardly put this book down because it was so good, and that is a sign because I don't really like to read books.

This book is about a teenage girl named Erin Bennett who has mysterious headaches ever since her sister died in a car accident about a year before the headaches started. The doctors have tried everything they can to help her with her headaches but it's just not working. At the moment she is seeing a psychiatrist to try to help her with her headaches. Erin is doing a play at school at school with a boy named David Devlin, this boy for some reason brings on some of Erin's headaches. She really doesn't like this boy because he is too strong about himself and it just annoys her to no end. Erin's best friend Shay says that David is cute and that Erin should like him all the time but Erin always disagrees. At this time Erin is suffering of grief still that her sister died.

My favorite part in this book is when Erin and David go to the dance together, this is my favorite part because this is when David and Erin become pretty close friends. I love this part because they start getting along now and Erin doesn't push him away and she opens up about how she feels and what is going on in her life to him.

I would recommend this book to middle/high school girls because it is kind of a romance book. I would also recommend this book to people that like books that have to do with school and kind of sad books about loss of a family member I guess. I would recommend this book to middle/high school girls because this book is about a girl who lost her sister, so this book is from a girl's point of view.

Michelle says

This book is about Erin, a high school senior who is recovering the pain after the death of her sister. When she joined the drama club, she met a guy named David and was paired up with him in the play. But she believes that it was David who had made her headache worse and slowly the therapist and herself began to figure out the problem of what causes her headaches.

I like this book because I feel the same way over my grandfather's death a few years ago. I regret of all the things of what I did to him when I was little. I never really listen to him, always jumpy and gives him headaches. But until a few years ago, when I found out he passed away, I feel so bad that I didn't cherish the time when he came to America. Slowly, with my friends help and staying beside me, I didn't forget the moment I found out, but I don't feel as depress as before. I used time to help me let go this pain.

Kailia says

This book was so sad. After Amy's death, Erin begins to have severe migraines. No doctor can figure out why but she has to go to a shrink, which she hates. But she has to go. The one highlight of her life is the school's play for which she gets the lead. But the male lead opposite her? It's David Devlin, the guy with whom she'd been a clown with in *Somewhere Between Life and Death*.

He's so infuriating. He never leaves Erin alone and something about him bugs her. And he's completely in love with her. As Erin tries to live with the loss of her sister, she feels that her life is falling apart. Her parents work all the time to keep themselves occupied and everything David does, makes Erin angrier.

Honestly, I loved David. He's such a nice guy, who's got such a great heart! He was always there for Erin and knew that she was going through some tough things. He made her laugh and smile when she needed him most!

Though the issues were solved in this book, I have to say that I didn't like Erin's mother in this. She was going through a lot but she didn't seem to understand that her husband lost a daughter and Erin a sister. Her attitude bugged me to no end.

Overall, a great installation to all of Lurlene's other books and a great companion novel!

Kerrin says

Kerrin Houlihan
February 5, 2009

In the book I've read *A Time to Let Go* is by Lurlene McDaniel. It is a fictionist novel. The central idea in *A Time to Let Go* is about a girl who struggles with finding the solution of her intense headaches.

Time to let go is the second half to *Somewhere Between Life and Death*. After Erin's little sister Amy dies, she is starting to have these crazy headaches, and no one can figure out why. Her therapist thinks that it has something to do with Erin letting go of Amy's death. Then she meets this boy named David Devlin and she thinks that he is causing her headaches. When she tells Dr. Richardson, about him, she realizes that he is a lot like Amy. On top of these headaches, her parents are always fighting, about every little thing. Her friend Shara is sometimes helpful. Erin also talks to a girl from the hospital that helps her out when she's down in the dumps because she's going through the same thing. All these things are building up, and she doesn't know what to do. She still feels like Amy is the favorite even though she is dead. She is so confused, about everything that is going on in her life. In time Erin discovers what triggers her headaches and later on learns that she needs to face them instead of run from them.

I thought *A Time To Let Go* was good overall. I thought this because the first novel *The End Of Forever* was great, but I thought what more could they put into a second novel? It surprised me because I learned that there's more to just crying and headaches and grief issues. There's stages in grieving and you have to find out what triggers your headaches and stuff like that. My favorite quote was in the chapter, last page, when she talks about how clowns have feelings too.

I think any type of teenager can read *A Time To Let Go* but I think anyone could read it especially if there's dealing with a loss. If you liked *The End Of Forever* (somewhere between life and death) read the second half (*time to let go*).
