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# The Fine Art Of Holding Your Breath



## Synopsis

MacKenna's mother died when she was a baby, a casualty of the first Gulf War. Now seventeen, MacKenna has spent her life navigating the minefield of her dad's moods, certain of one thing: she is destined to follow in her mother's combat boots. But when she pursues an ROTC scholarship, she finds herself at war before even enlisting. Her father forbids her from joining the military, inexplicable considering he'd raised her to be a warrior princess. • MacKenna turns to her grandmother who arms her with an ammo crate containing her mother's personal effects from the war. Hidden in the crate's false bottom is a journal, one her mom stashed there hours before her death. While MacKenna untangles the secrets of her parents' tragic love story, her own life unravels. Dad's behavior becomes erratic, her best friend grows distant and even hostile, and a boy from her past returns with a life-threatening secret of his own. If ever a girl needed her mother, it's now. The pen might be mightier than the sword, but are a mother's words strong enough to slice through years of hidden pain? Can those words reach through the battlefields of the past to change MacKenna's future?

## Book Information

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## Customer Reviews

I wasn't sure what to expect from this book when I downloaded it. But I was pleasantly surprised by the story. It took me longer than expected to finish reading but that had more to do with being absorbed in the story rather than being a slow reader.

I wasn't sure I was going to get into it, but I kept reading and I'm glad I did. The struggles of the main character, emotional ups and downs, and high school crap made this story feel very realistic. I would recommend this for any teen that thinks they're the only ones with problems. Oh, and just an FYI, this is nowhere near the genres that I normally read.

This was a beautiful coming of age story. Definitely written for the teen girl. I can usually bounce right into any Young Adult book, but I have to be honest, for this one, you need to be younger than me! I'm a Grandmother and this did nothing for me. However, I gave this book to my 15 year old niece and she couldn't put it down. Great Story for the right people!

This book made me laugh out loud, and embarrass myself by crying during lunch break! The characters are realistic, and she brought up so much that I have never considered about the family left behind...

Why does make you write a bunch of lame words to describe a book. If I had the right words I'd write my own book. Why is the title "awesome" not enough? Just read it and you will know why.

Mc Kennas mother died in the war, her dad has never to been the same and she has grown up not knowing who her mother was.... When she looks at joining the forces, her grandmother gives her a treasure of her mothers, beautiful read of McKenna getting to know her mother through old journals.

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