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Adrenaline Crush



Synopsis

What makes you feel alive? Seventeen-year-old Dyna comes from a long line of risk-takers and is an avid thrill-seeker in her own right, until she takes a terrible fall and shatters her leg. Her life used to be about bike racing and rock climbing; now it's about staying home, except for attending physical and group therapy sessions at the bizarre alternative healing center her mom has chosen. Dyna's boyfriend saw her accident and supports her newfound desire for safety, but a young Iraq war veteran she meets at rehab challenges her to think about what she's really avoiding in her old life and to take chances again—even with her heart. *Adrenaline Crush* by Laurie Boyle Crompton is a heart-pounding young adult novel about facing your fears. “Fast-paced and full of heart. It’s a story about figuring out who you are, who you want to be, and who you love and the breathless challenge of being remarkable.” Kelly Bingham, author of *Shark Girl* “Her sharp, smart writing makes it zing. . . . Put this on the shelf next to Jenny Han and Simone Elkeles.” [Booklist](#)

Book Information

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Customer Reviews

“Dyna is an unusual and invigorating character in realistic fiction . . . The book’s matter-of-fact respect for her nature is refreshing . . . The book’s swift writing and brevity may entice reluctant readers who’d rather be climbing, or romance fans seeking a strong, unorthodox heroine.” BCCB “Dyna has a lot to learn about risk, reward, and responsibility, but she is a refreshingly active character whose passion for nature, adventure, and life’s pleasures sets her apart from the average teen protagonist.” The Horn

Book • “A quick and enjoyable read.” • “Crompton populates this short novel with memorable characters, and her sharp, smart writing makes it zing, especially when Dyna describes her adrenalin-junkie activities . . . Put this on the shelf next to Jenny Han and Simone Elkeles.” • “Booklist” • “Raised by her tattoo- and motorcycle-loving parents to take risks, Dyna injures herself in an accident and finds herself emotionally changed . . . Inspiring.” • “Kirkus Reviews” • “Dyna is a young daredevil and outdoor challenge junkie who loves nothing more than reveling in the mountains and forests of her mid-Hudson Valley home . . . Thoughtful teens will enjoy this satisfying read with well-crafted characters and a nice sense of place.” • “School Library Journal

Laurie Boyle Crompton is the author of *Adrenaline Crush*, *Blaze (or Love in the Time of Supervillains)* and *The Real Prom Queens of Westfield High (Sourcebooks)*. She lives near New York City, but she loves to escape to the mountains in New Paltz, New York, where she and her family can often be found climbing over rocks or tromping through the forest.

Love, love, love it. Laurie Boyle Brompton you are a very talented writer!

Great book, timely delivery.

I went into Adrenaline Crush hoping for a fun and uplifting read about a girl who finds the courage to get back up after being taken down... and hopefully meets a cute guy along the way. On that, I got exactly what I wanted. It wasn't a perfect read and there are definitely some things that could have been improved upon, but it lived up to the promises it made and it gave me a pretty great cast of characters to enjoy it with. One thing that Adrenaline Crush definitely has going for it is its characters. Dyna herself is a pretty intriguing wild child. I am very much unlike Dyna in that regard so it was really interesting for me getting into her head as she craved going faster and higher, and it felt really authentic. Meeting Dyna's family shows where her daredevil side came from. Her parents are slightly unconventional tattooed motorbike riders who seem to have always encouraged Dyna and her brother to take life by the horns. The whole dynamic of the family and how it changes throughout Dyna's struggle unfolds in a way that felt very real. Dyna's parents and brother have to adjust their lives as Dyna is forced to adjust hers and that causes both conflict and progress for each of them. I loved that they were involved because family is such an important element in so many teens' lives, especially when something so life-changing happens to them. They were

definitely a highlight of the story for me. When it comes down to the main conflict of the book, we're looking at whether or not Dyna can return to living life to its fullest and pushing her own limits. Her new boyfriend, Jay, encourages her to give it all up and be safe -- no more risks, no more thrills. Honestly, the sections she was with him after her accident were kind of boring, I think because he was trying so hard to keep her from really doing anything, and because she was so focused on trying to convince herself that he was right about her life and right for her. Then there's Pierce, the war veteran she meets who tries to show her that falling down is no reason not to get back up again. While I enjoyed seeing Dyna struggle with this balance of fear versus love of adventure, the outcome of the whole book was predictable from the beginning. Not that I was disappointed with how it turned out -- it's the ending I would have wanted for Dyna -- but I called it from the start. That didn't make reading the book less enjoyable for me, just a little less exciting. This book is short: only 192 pages. Often with books that short, I find I'm left wishing there had been more because things weren't fleshed out enough for my taste. This happened a little with *Adrenaline Crush*, but thankfully quite not as much as I had worried it would. I do wish Pierce had been explored more as a character. I liked him a lot and thought he was such a great addition to Dyna's life, but I wanted to know him more. It seemed like there was some unexplored potential that could have fleshed him out even more and made me like him even more. The same goes for the unconventional therapy group that Dyna finds herself forced to attend. The other patients made for such an interesting bunch; I just wanted to keep hearing their stories. I do think the different people in the group were there enough for their purpose in this story, Dyna's story, but I did find myself wishing I could spend a little more time with them, learning more about them and doing more fear-facing adventures. I don't think the book really suffered too much because of these specific things, though. Having more of these characters would have added to the book, but it still got its story across with what was within its pages. Overall, *Adrenaline Crush* is a quick but predictable read that still managed to entertain. While it could have used more fleshing out of some of the characters, they were still a fun bunch that I enjoyed spending these near-200 pages with. The message it holds at its core of not letting your setbacks take you away from what you love most came through loud and clear and was one of the book's shining moments.

Cover Review: The cover of *Adrenaline Crush* is really simple, with three basic colors - black, yellow, and a greenish color. I like that the cover is on the plain side, because the story goes into some pretty deep stuff, so the simplicity of the cover was the right way to go. The girl on the cover symbolizes Dyna really well, she's always looking for the next rush and revels in it. I usually don't

like simple covers, but for this book it works for the best. Book Review: Dyna's family motto is Risk nothing. Do nothing. Die anyway. So they are a family of risk-takers, chasing the next adrenaline high. Dyna is out chasing such a high when she meets up on the trail with her classmate, Jay. It's at a hidden swimming hole that she goes a little too far and falls into the shallowest water and splinters her ankle. When she's forced to attend a new agey physical therapy group, she meets an eccentric group of people and a young war veteran named Pierce. Dyna's recovery process was inspirational. At first, she kind of throws a fit about having to go and even stops at one point, but as she learns more about herself and the people in her group she really grows. That was probably my favorite part of this book, although the romance wasn't bad either. When Dyna was first injured, her classmate Jay was there to save her. After she left the hospital they started a relationship. I really liked Jay in the beginning, but as their relationship seemed to become a little too co-dependant, Jay became controlling and I didn't like how he was trying to use her to get close to Pierce. With Pierce entering the picture, things went in a direction that I'm not really comfortable with. This is where the cheating comes in. I, in no way, approve of cheating. At all. So when Dyna's attraction to Pierce went too far and she kissed him while still being with Jay, I wasn't happy. I may not have liked the direction her relationship with Jay was going, but it's not okay to cheat. Ever. That being said, I do think that Pierce is a better fit for Dyna. Jay, with good intentions, was trying to repress who Dyna is, while Pierce encourages she to get back up and reclaim herself. So out of the two guys, I do like Pierce better. One thing about Pierce that I liked was that he's looking for someone "remarkable" and he sees that in Dyna. That whole conversation was kind romantic. Both guys have their positives and negatives, so it's really up to you on who you prefer. But I didn't like Dyna's behavior when it came to both of them. Finally, I just want to mention that this book has a great group of supporting characters. Dyna's family is weird, and hilarious, and totally out there. And her therapy group had a lot of interesting stories behind their injuries. I also really enjoyed reading their journeys as well. Rating: I gave Adrenaline Crush a 4 STAR rating. The poetry-like transitions sometimes interrupted my reading flow, but overall I really liked the writing style and story. I liked the journey Dyna took and Pierce was a dreamy, "remarkable" love interest. This was a great short, fast-paced read. Honestly, I wish there was more!

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