



## Bibliomaniac Review

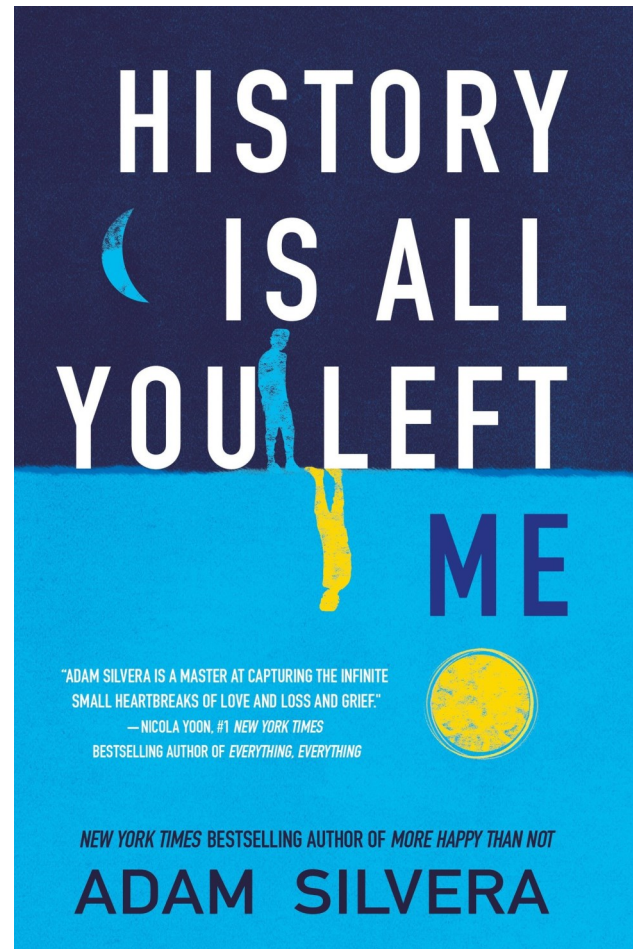


### Title:

History is All You Left Me

### Author:

Adam Silvera



Griffin feels numb. Everything in his life is wrong. And it hasn't been right since Theo left. But now that Theo is gone for good, it feels as if life isn't just wrong, but has no point at all anymore. Jealousy, sadness, anger, denial, guilt, and grief have taken over Griffin's already OCD filled mind since his ex-boyfriend, Theo died.

As Griffin begins to cope with Theo's death, he has to turn to people for help that he never thought he would. Griffin must find who he is without Theo and but still be able to cherish the not nearly long enough time he had with him.

In *History is All You Left Me* by Adam Silvera, mental illness, stages of grief, and love stories that were destined for failure are not just addressed but put into action and portrayed how real and painful these situations are.

This book will make one cry, think, and then cry again. I recommend this novel to anyone who likes a book that will make them consider themselves and their own life. Griffin's stages of grief are so real and well-written the reader will feel his pain like their own.

— Anna (Gr. 9)