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## Full-Out



## **Synopsis**

An elite gymnast. A competitive cheerleader. A life-threatening secret. Lauren is an elite gymnast training full-time to qualify for the Olympic team, when an unexpected and terrifying incident changes everything in her world. Forced to abandon her identity, she has no choice but to become someone else, somewhere else, and face high school for the first time. A brand new scene of cliques, competitive cheerleading, and teenage drama would shake anyone, but that isn't the worst of Lauren's problems. The secret she's hiding could get her killed.

## **Book Information**

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in Books > Sports & Outdoors > Individual Sports > Gymnastics

## **Customer Reviews**

Since I am familiar with other books written by J. Ruff, I ordered this book for my daughter. I started reading it myself, curious how Ruff would tell a story intended for tweens and teens. I became engaged with the story and had to finish the book to see how things turned out. While 2 previous novels I have read by Ruff dealt with the Machiavellian workings of an ambitious but psychopathic medical student, this book depicts the story of an ambitious young gymnast who must develop other aspects of her persona when her dream of becoming an Olympian is thwarted by evil that is beyond

her control. Ruff conveys enough teen angst, mean girl mentality and teen romance to make the story interesting while avoiding crass sensationalism. I think young readers will relate to the characters feelings, and parents will appreciate the moral of the story.

This flips other coming-of-age novels on their heads, starting at the moment the young protagonist sees something she shouldn't. That moment - and the enforced silence about it - ends up tumbling everyone around her into new & better versions of themselves, including the nastiest girl in school. Full of suspense, rivalries, and people who know, or have to learn how, to do the right thing. Eloise, Mooresville NC

Jenifer Ruff completely nails it with her third book, Full-Out. An excellent vacation read, I loved the main character's voice and emotional journey. Ruff is a talented writer who is very skilled at taking the reader through unfamiliar and intriguing situations all the while making it completely believable. - Michelle Balconi, author of the children's book, Let's Chat About Economics.

I loved this book by Jenifer Ruff! After reading her other books I couldn't wait to pick this one up on . It did not disappoint at all!!!! :) It was such a quick read. I can't wait for her to write another book. It was fun to read about a high school character and took me back to my own high school days. My seventh grade daughter has just started to read it now and I can't wait to talk about it with her. I would recommend this book to any middle school age girls and older.

Jenifer Ruff's latest novel is an excellent read about a former teen gymnast who is dealing with a secret, dark past. The book is quick moving and great young adult read! Ruff does a masterful job of creating a story of suspense by sharing the details of Ryan's terrifying past, bit by bit. The book also provides some great lessons in family love, sportsmanship and navigating girl teen drama. I would highly recommend the book to adults and teens alike!

This gripping thriller showcases Ruff's ability to weave a captivating story which appeals to readers from teenagers to baby boomers. The villains are dark, the teen-age rivals are snark. Ruff knows the world of competitive cheerleading inside out. For her young heroine, it's a toss-up as to who's the nastiest - the criminals who want her dead or the competitors who just want her to go away.

Clever, creative, and suspenseful. Perfectly captures subtle mean girl (and woman) behavior. It was rewarding and entertaining to see how the main character navigates through it. Full-Out is fresh and original, a great read!

This book held me from start to finish - actually it gripped me- and I could NOT put it down. Fast paced with many plots and twists - and multiple characters that really draw you into the story. An excellent beach read that's completely entertaining! LOVED IT!!!

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