

Nov. 2nd, 2010

Dear Ms. Lalonde:

I recently read the novel *In Ecstasy* by Kate McCaffrey. This book is about the friendship between two high school girls, Sophie and Mia, and the downward spiral from drugs abuse. Being an impressionable teenager is not easy and this novel shows how fast drugs start to change their lives. This was not the typical novel I read, but I really liked that I could make connections to it and could understand the perspective of the girls. I chose this book out of our library because the front cover and the name stood out compared to a lot of the novels. I really enjoyed *In Ecstasy* because I noticed how it was written in both Sophie's and Mia's perspective making it more entertaining and realistic. After reading the first chapter I was hooked and couldn't put the book down. I think a lot of people could benefit from *In Ecstasy* because it's really down to earth and it uses realistic problems that happen all the time to girls and guys during high school.

During the beginning of the story you find out Sophie and Mia are best friends of 15 years. Mia always looked up to Sophie and thought of her as an older sister. When Sophie sprung the idea of taking ecstasy at a party with Lewis, the hottest and most popular guy in school, she was all over it. Ecstasy made Mia feel like the happiest person in the world. She could talk to Lewis so easily without being shy and he finally noticed her. This was the beginning of her new life.

--- My body ached and my face was sore – I guess from smiling so much. I don't remember ever laughing more. A new world had opened up for me, a place where I was confident and beautiful and a hot guy like Lewis wanted to be with me. That morning I figured life couldn't get any better. How could something that made you feel like that be bad for you?

To me, this passage was the most important part of the whole book. The idea of something so little and easy, like a tiny pill, making everything look and feel so much better seems like a great idea. I am sure almost any high school student can relate to this passage. In high school it's always hard to work up the self-esteem and courage to talk to the guy or girl you like, or to just stand up for what you believe or want. When an opportunity to make everything better comes along, it just seems like common sense to take it. This part of the book reminded me of when my brother broke his back. In my mind, the easiest fix was to turn to drugs. I was in tune with how Mia was feeling, things had not been working my way and just like Mia, I used drugs to make things easier on myself. After a while it was just something I did. It starts to just be a craving, you do it just because you no you can, and the more you do, the better things seem. When people try to step in and help its like they are only trying to hurt you, trying to take away the thing that makes you happiest. In the book Mia starts off with ecstasy and cocaine then takes whatever she can get which only progressed worse. Reading this book really made me think about how thankful I am that I didn't take it that extreme.

When I think about how Kate, the author wrote this book it almost seems like your reading a biography of someone's. She describes things and made it all seem so real, like your there in the story beside Mia and Sophie every step of the way. When I read this at the start of the book I immediately thought about how most peoples first thoughts on drugs are, I will never try that. So when I read this I was somewhat shocked.

----“Ecstasy. I'd always thought I might try it one day. I'd heard kids at school talking about getting wasted on the weekends. They made it sound awesome. I pictured the roughly made tablets with their tiny butterflies. An amazing experience inside a tiny pill.”

Reading that made me think about how wrong she was. All that crossed my mind was, how someone could be so naive about something they new nothing about? I could tell something was going to happen and it made me want to keep reading, turning each page in suspense.

In Ecstasy was a truly inspiring book. I noticed that because I have been in a similar position, I could almost feel myself dealing with what Sophie and Mia were going through. I never thought a book could relate and have such an impact on me. It made me really think about how the people around me care and how much I took everything for granted. I really feel like this book could stop drug abuse before it becomes a concern. I know it made me think back to the decisions I made, and only made me be so much more thankful that I'm done with all of that. I hope that more people will read this and understand how dangerous drugs are and how easily you get caught up in them.

Sincerely,

A solid black rectangular redaction box covering the signature.