

LA BOULE AU CŒUR

Anne Loyer • Anna Griot



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A Knot in my Gut

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Elina has been furious and ashamed ever since Maxence and Betty made fun of her obese mother at the beach last summer.

As she does every year, Elina goes to the beach to meet up with her friends Robin and Zélia. But good-looking Maxence is there too... not to mention Betty, the jerk who made fun of Elina's mom last summer. Elina's had a knot in her gut ever since... and it's just getting bigger! She's a une boule au cœur qui enfle... She feels furious and ashamed. But she also has a hard time accepting her mom's body. And maybe even her own.

This novel (ages 7 & up) tackles issues important to little girls, from self-acceptance and body image issues to handling other people's sometimes hurtful remarks. Shame, anger, and love are hard feelings to juggle, and are treated here with great delicacy.
