



Date : 25/09/2024

Pages : 307

Format cm : 15 x 22

Prix : 14.9

EAN : 9782226491404

Hikikomori

Life Inside my Room

Author: Sophie Carquain

Publisher : Albin Michel Jeunesse

Category :

Genres : Children's Chapter Books

Keywords : Mental health - Adolescence - Bullying

The journey of a teen girl struggling with social anxiety, from self-isolating in her room to finding healing and hope.

Sasha hasn't set foot outside of her room since the incident. For the last eight months, she has become a *hikikomori* – a term that describes young people who, like her, live in seclusion. As her 16th birthday approaches, even the thought of joining her family for a simple celebration feels overwhelming. With the support of her *hikikomori* friends, a compassionate psychologist, and her cat, Sasha tries to reconnect with the buried part of herself, the one that longs to enjoy her youth, and truly experience life.

Rights Sold: Russian