

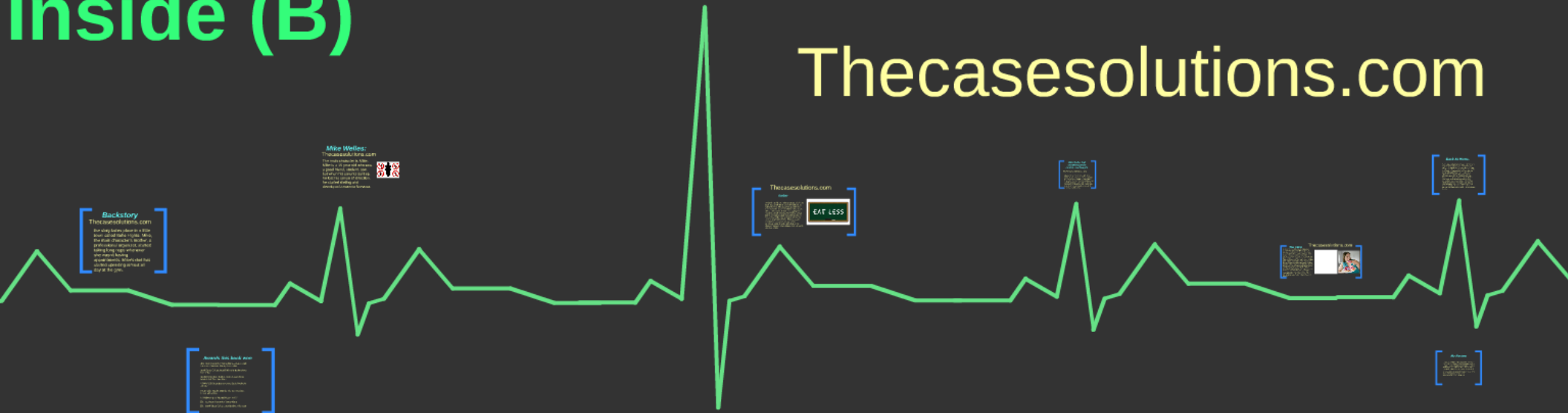




# That Little Voice Inside (B)

62. [The "best" thing that happened to MMs] [No smoking sign]

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# *Backstory*

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the story takes place in a little town called Belle Hights. Mike, the main character's mother, a professional organizer, started taking long naps whenever she wasn't having appointments. Mike's dad has started spending almost all day at the gym.

# *Mike Welles:*

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The main character is Mike,  
Mike is a 15 year old who was  
a good friend, student, son.  
but when his parents split up,  
he lost his sense of direction,  
he started dieting and  
developed Anorexia Nervosa.



# *Anorexia Nervosa*

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- a serious eating disorder
- an emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

# *The "best" thing that happened to Mike*

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This book is very interesting because the narrator is the voice inside Mike's head. The voice tells him not to eat, encourages him to be at his "highest potential" when he really is at the brink of death. The voice's favorite thing to say to Mike is, "You can be strong. You can be fit. Strong body, strong mind. Infinitely strong."



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## *Amber*

Amber is the kid that nobody notices, sits in the back, eats lunch alone, and is invisible to the rest of the kids. Mike sees her at a farmer's market and the voice tells him to talk to her, for she can be trusted. Amber is struggling with Anorexia herself, and teaches Mike to always look at the calorie count and serving sizes in food. Amber tells Mike her best friend is Ana and her boyfriend is Eddie. When she gets admitted to a hospital because of her emaciated state, she tells Mike that Ana is short for Anorexia, and Eddie is short for eating disorder, or E.D.



*Mike Welles had everything under control... he thought.*

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Mike's mother notices his weight loss and takes him to the doctor, where he loads up on water to gain a temporary five pounds. The doctor brushes him off, saying he is just a skinny teenager. Later, after he lost even **more** weight, and passes out in front of his mom, that his mom decides to take him to an eating disorder clinic.



## The Clinic

At the clinic, Mike starts out with a liquid diet, six bottles of Ensure a day. Ensure is a drink designed to make you gain weight. Mike's voice tells him not to argue, but not to start believing that he needed to gain weight. The voice told him that when he gets home he can regain his strength, get back in shape. "You were so close." The voice said. There were girls there. They weren't as thin as Mike but still needed to be there. One of the girls was Bulimic. Bulimia is an emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting. One day a girl named Miranda came to the clinic, she is a compulsive over-eater. She is very overweight and while the other girls took a liking to her, Mike found her disgusting. Mike spent about a month there and hated it.

