



## In Ecstasy

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## **In Ecstasy** Kate McCaffrey

A best friend sinks into a quicksand of teenage addictions.

Sophie and Mia have been best friends for most of their 15 years. Sophie is popular, so when she suggests they try ecstasy Mia figures it can't hurt her own chances with the in crowd. Mia is elated when the drug lives up to its name and amazed when Lewis, the hottest guy in school, kisses her goodnight.

Soon Lewis is Mia's boyfriend, and she and Soph are running with his fast, rich friends, until Sophie is sexually assaulted by Lewis's drug-dealing buddy. Reluctant to say what happened, Sophie grows distant, leaving Mia to conclude she's jealous of her popular boyfriend. But to keep Lewis's attention, Mia grows increasingly dependent on the confidence that only E seems to give her. When things worsen, it is the girls' strained but solid friendship that finally helps bring Mia back from the brink.

Powerfully told from the alternating points of view of each girl, *In Ecstasy* is a brutally frank and utterly convincing portrait of the challenges facing contemporary teens.

## **In Ecstasy Details**

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Author : Kate McCaffrey

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## From Reader Review In Ecstasy for online ebook

### Ang says

Overall this book was amazing in my opinion. It's overall lesson was how strong true friendship can be even in bad times. It also shows how much drugs can really affect your life even if you don't think they will or just doing it for fun, you would be surprised how it ruins your life. How one time taking something can lead to addiction almost right away. The book also gives a great description of ecstasy and how it makes you feel and shows what it does to you. I would have to say this book is definitely the kinda book you can't stop reading due to its continuous action and it really pulls an interest for anyone who's really into reading about teenage life, drugs, and friendships. Would totally recommend to especially girl teen audiences.

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### Skye says

This review is also posted on my blog, In The Good Books.

In Ecstasy comes from alternating perspectives of Mia and Sophie, best friends for what might as well be forever. Sophie is gorgeous and irresistible, while Mia is funny but insecure and in her friend's shadow. At a party, Lewis, Mia's crush, starts showing interest in her, and offers her an ecstasy pill. How could she possibly say no and pass up the opportunity to get closer to him?

In Ecstasy takes an honest and raw look at teen drug abuse. With the story spanning over months, you see the user's slow decline. You see the drugs affect every aspect of her life - her friendships, school, her family; even her personality completely warps. Just when something happens you think will shock her out of it, she falls deeper.

Offering both the perspective of Mia and Sophie shows the reader how Mia feels due to her drug use as opposed to how it looks from the outside.

Both Mia and Sophie were dynamic characters with a lot of depth. Their friendship was apparently perfect, until Mia's change caused them to drift apart. Even when they weren't close anymore, both characters seemed to genuinely care for the other. In Ecstasy is as much about friendship as it is about drugs.

The plot wasn't action-packed or suspenseful, but it was intense. The writing style was simple yet engaging. The book on the whole was captivating, and I could hardly put it down.

I give In Ecstasy a 4 out of 5.

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### Jodi says

In Ecstasy is the best book i've ever read. The book is about two best friend's that enter another year of high school, unprepared for all of the change's that will occur. Mia and Sophie try Ecstasy together, and love it. So they do it again. And again. Soon, Sophie realize's she isn't the kind of person that let's her life slip away to drug's. But Mia can't let go. Mia loses herself, her family, everything to drug's. Even Sophie. In Ecstasy is

suspensful, thrilling, and an all around amazing book. The book is unique because you never know what will come next. It tell's an amazing story about how drug's affect you and your life. But it prove's that you're strong enough to pull through it. In Ecstasy is truely an amazing book, read it!

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### **Tara Calaby says**

The trouble with books about the Big Issues is that they often descend very quickly into lecturing and moralising, especially when they're aimed at a youth market. With *In Ecstasy*, Kate McCaffrey does a great job of avoiding that route and thus ensures that her novel will be enjoyed by the young readers it's aimed at as well as the adults who judged it winner of the Australian Family Therapists' Book Award in 2009.

As a book about the dangers of drug use, *In Ecstasy* pulls few punches and represents the world of addiction in a way that bears many similarities to the personal accounts of those whom I've spoken to about their own experiences of heavy drug use as a teenager. Because of its realism, this is a darker book than many people would be comfortable reading. Sexual assault occurs more than once and, while the description is not graphic, the incidences are dealt with in such a manner that they could still prove very triggering to some readers.

The novel is presented from the perspective of two best friends, Sophie and Mia, with alternating first person chapters that employ two different fonts in the edition I read. At first, it's easier to identify with Mia, because Sophie seems so perfect and self assured, but as the book progresses, the reader learns that Sophie has her troubles and her faults as well. At the same time, Mia becomes increasingly consumed by her drug use, which can't help but erode some of the sympathy she had formerly gained. As the drugs take over, her behaviour becomes more and more selfish and she herself becomes less and less likeable, which I think is actually one of the strongest aspects of the novel. McCaffrey shows how drugs turn an average teenage girl, whom young readers will easily identify with, into someone who steals and deeply hurts her family and friends. Most of all, however, Mia hurts herself and it is her self-loathing and self-destruction that are especially painful to read about.

*In Ecstasy* is a strong novel with an obvious message that doesn't overwhelm the story it tells. Due to the dark nature of much of its content, I would recommend it to older readers.

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### **Marissa says**

This story was a real eye opener. At first I thought it would be just one of those books that said drugs are bad, don't take them but instead it gave the teenage point of view of this can't hurt me if I am safe. It was interesting as at the end it also told you what you should do if something goes bad which I thought was good as there are some people who are going to take the drugs no matter what you say so they need to now how to be safe.

Told in two perspectives, it tells the story of two bestfriends Mia and Sophie. The book swaps between their perspectives and times which is very interesting as we get two stories and when it overlaps on events we get how each felt. At the start, Sophie is confident and popular with the boys whilst Mia feels shy and likes to just follow Sophie. At a party they both are offered and take an ecstasy tablet. At this point of the stroy you can tell things are changing. Mia;s oersonality completly changes from then on and Sophie doesn't like it.

I really liked the ending of the story and felt it was insightful and happy although the very end bit was unnecessary and I felt was a waste of page. It also made it seem as if Mia was a bit of a cheater.

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### **Carolyn says**

Probably the best book I have ever read on the theme of why and how young people get involved with drugs, or for that matter, any other self destructive behaviour. The two main characters are so sensitively and accurately drawn, that I could recognise so much of their feelings and responses in myself as a young person, even though that was decades ago. The author shows so much respect for the realities of adolescence, that need to belong, to be accepted by peers before you know if they are even worthy of your admiration. Kate is a superb technician, employing the two points of view, journeys and choices.

I have just finished this book, so will probably edit this review when I have had more time to reflect on its powerful themes. Kate is a credit to modern Australian fiction, and the fact she is a West Australian makes me particularly proud!

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### **YA Reads Book Reviews says**

Meet Mia. She's only just turned fifteen and she's always been in Sophie's shadow. Not that she minded, not really. Without Sophie, Mia wouldn't have a social life. Without Sophie, Mia would probably be a nobody. So when Sophie takes Mia to a party one night and offers her an ecstasy tablet, Mia doesn't even think about saying no. Before she even realises what is happening to her, Mia is flying high – and loving every minute of it. Armed with the artificial confidence the drug provides, Mia is invincible, and her newfound radiance does not go unnoticed.

Enter Lewis. Very hot. Sweet and charming as hell. Suddenly very interested in Mia. Lewis is no stranger to ecstasy. His parents are away a lot and Lewis is often left to fend for himself. It's not hard to turn into a party animal when you've got no parental units to keep you in your cage. The more Mia hangs out with Lewis, the more ecstasy she takes. Before she even knows what is happening, Mia can't socialize without it.

Slot in Sophie here. Sophie is supposed to be Mia's best friend, but since she's been hanging out with Lewis and his crew, she's changed. Sophie can see what is happening to Mia, but when she tries to talk to her about it, Mia reckons that she's just jealous and blows her off. Sophie has a whole lot of other stuff going on in her life and she really needs her best friend right now ... but is that even Mia anymore?

In Ecstasy is all about the downward spiral. For Mia, it's one that is fueled by drugs and an overarching need to fit in, feel popular and be loved. For Sophie, while it may have started like that for her, her painful journey takes a bit of a different turn. With both girls so disconnected, who is going to save them? Who is going to snap them back to their reality?

Kate McCaffrey's portrayal of the drug scene is terrifyingly accurate. If you're thinking about taking drugs, or you know someone who may be thinking about it, reading something like In Ecstasy first might be a smart move. While Mia's story isn't applicable to everyone, and not everyone who takes drugs gets addicted, In Ecstasy is an excellent representation of what can happen if you do.

I can't say that I enjoyed reading this, but I'm certainly glad that I did.

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### **Kristina says**

Normally I can't bring myself to sit down and get into a book, but something about tragedy, struggle and death interreges me when it comes to reading about someone else's life story. Finishing the book within 24 hours didn't take much effort when you turn each page knowing your getting closer to the end, the final twist.

Kate McCaffrey a popular author spent a lot of time researching the life of teens, especially when it comes to drugs, sex and peer pressure. The book is about two young teens both at the age 15; going through their freshmen year, finding themselves split between, their innocent and their mistakes. Coming from a corrupted family, Mia, a more self conscience girl, feels like she's living in a shadow of her best friend, Sophia. With her mother out at late hours, with her new boyfriend since her dad walked out on her and her brother for a younger woman, Mia finds it easier to lie, and get away with it, until it caught up with her.

Getting caught up in the moment and escaping her insecurities with the usage of some serious drugs, she ends up going through an emotional roller coaster. Meanwhile Sophia begins fading back into the shadows, becoming an adult through the tough experiences she had to face head on and alone.

Many young female teens go through personal issues like self image, acceptance, peer pressure, gossip and the list goes on. Many girls too embarrassed to talk to someone about it, scared that people will find out and judge them. Many end up getting caught up in life changing mistakes to be more "popular" or "accepted" by the "in" crowd. The lessons within the book are outstanding, to understand someone else's life through their own thoughts, shows you a completely different side of the people that are similar in your life to the characters. So many teens, my friends, can turn to the insidious world of drug addiction, date rape and alcoholism, and why, for many, drugs are seen as the solution, not the problem.

The book speaks out to so many young teens facing problems throughout their own lives, wanting to be accepted by the "popular" crowd but finding themselves diving in head first, and not being able to find the surface when they have gone in too deep. In the drug ecstasy, the girls experience a whole other life, doing things they least expected, and finding themselves in great trouble.

The perspective of both girls back and forth, about each night lets you see what's truly going on in the inside. You might look cool and calm on the outside but on the inside experiencing a whole different feeling. As well as I was reading the book I was able to easily get caught up in the moment it was outstanding how I felt like I was there with them. The book makes you question if you'd try some of the drugs the girls took, consciously and unconsciously. Makes you understand the reasons why your parents warn you about parties, drinking, and drugs. Listening to someone else's story, fiction or non-fiction someone has been through similar experiences and might not have been as strong as the two main characters in the book.

I really enjoyed the book, never a dull moment, or a boring chapter, nothing about facts, just the real experiences. Live it, and learn from it. Coming from my personal point of view, it made me realize how easily people think they can take advantage of a woman, and how easily we get caught in the moment unlike most guys. Makes you think twice and I will take parts of the book as a personal lesson.

Truly loved the book, recommend it to anyone who loves big letters, with a good story line and of course ends with a great life lesson.

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### **Chrissy says**

Sophie and Mia have been best friends for as long as either can remember. While Sophie is the popular,

beautiful, "It-Girl" at high school, Mia instead feels that she's always just living in the shadows --- known mostly to her peers only through her association with Sophie. Even so, Mia looks up to Sophie because she knows her best friend would never steer her wrong. When the girls go to a party and Sophie suggests that they try ecstasy, Mia doesn't think twice before popping the pill right along with her best friend.

It all started with one pill. One pill that made Sophie reconsider the price of popularity after the scary night that threatened to change everything. One pill that escalated Mia into bliss, passion, and notoriety among her peers. One pill that led to many more. One pill that destroyed a friendship.

IN ECSTASY is a captivating novel told through the alternating viewpoints of the two girls each designated by its own font to keep the distinctions clear. The chapters are short and quick, making this a surprisingly fast read (despite the weighty topic).

Honest, realistic, gripping, and heart-breaking, IN ECSTASY is definitely a novel that I would recommend to anyone interested in tales of friendship, despair, or addiction.

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### **Erin Ashley says**

Such a brilliant story. If you ever want to know exactly what drugs can do to you without actually taking them, then read this book. Highly recommended. It scared me, the things that these girls went through and did and then how they treated one another. Mia went right off the deep end and when she did it was a terrifying thing to read about, I never knew what actually happened behind closed doors but now it's left me in a state of shock. I read this story in one sitting and it had me utterly enthralled the whole way through. I kept imagining what if it was real life and that was one of my friends going off the deep end, how would I react, what would I do? It was a real engaging story, one that teenagers and parents alike should read.

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### **Saskia says**

Read it in a single sitting...Emotionally impactful, incredibly realistic, this is a book i'll proudly call one of my favourites.

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### **Amber Crotty says**

This book is awesome!!! I love the characters and the plot by the different perspectives of the two protagonist. Sophie and Mia (main characters) were very descriptive of the use of Ecstasy or they call it E. And how the drug affect their lives and their friendship. Some parts of the book made me cry and hurtful on some chapters words from Mia's events on the drug and not realizing the horrible truth of consuming the drug.

In conclusion, this author is my favourite(as I have read her other two books and maybe said the same thing) and I wish that this book could be in a featured film, a TV series or anything that will show teenagers the affect of drugs.

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### **Tabi says**

A little big of an easier read, with larger font. Subject matter is far from easy. Good look into the mind of a teenager dealing with drugs and sex, and how young people with good heads on their shoulders get involved in it.

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### **Kerran Olson says**

I know they're aimed at younger readers, but I've been a Kate McCaffrey fan since I was a teenager, and I still enjoy her writing. Her books are quick reads for me, I finished this one in a few hours, but as with her other works I've read I was engaged, and I loved the relationships explored and the tough issues brought to attention, in this case drugs. After hearing Kate speak at an event recently I bought a few of her books that I hadn't read when I was younger, so I will be making my way through them as well.

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### **Savina Tsataros says**

I remember reading this back in high school, my teacher had picked it out for me and I stayed up that night reading the whole thing. I loved it, I thought it was so brutal and raw. I don't remember if the representation was as good as I think it might be but I do remember absolutely hating all the guys, they were so obnoxious and creepy. I also can't quite remember if the female friendship was well portrayed. But quite honestly I really enjoyed this book, at the young age I read it it was definitely eye opening :)

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