

The background features a complex network of white circular nodes connected by thin purple lines, set against a gradient background that transitions from dark purple at the top to a bright pink at the bottom. The nodes are scattered across the frame, with some forming larger, more interconnected clusters than others.

Breathing Underwater

Written by Alex Flinn

Published by mckeonandassociates

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Breathing Underwater

Breathing Underwater

By Alex Flinn

Breathing Underwater Book

Like father, like son.

Breathing Underwater Lyrics

Intelligent, popular, handsome, and wealthy, sixteen-year-old Nick Andreas is pretty much perfect--on the outside, at least. What no one knows--not even his best friend--is the terror that Nick faces every time he is alone with his father. Then he and Caitlin fall in love, and Nick thinks his problems are over. Caitlin is the one person who he can confide in. But when things start to spiral out of control, Nick must face the fact that he's gotten more from his father than green eyes and money.

Breathing Underwater is a staple in my classroom. This book is written so well that it becomes the hook for my non-reading students. I learned about the thought process of someone that abuses mentally and physically. I also learned about why someone might stay in an abusive relationship. I found myself having empathy for the main character even though he had made large mistakes.

Breathing Underwater Minecraft

I know if I don't try to type out my feelings now, I will lose what I am thinking/feeling.

I don't want to say that I didn't like the book, but I have very few good things to say about it. Yes, it captured my interest and I read it quickly. I wasn't ever bored and anxiously waited to see how it ended. There were so many things that I didn't like though.

1. I don't like books that are written for YA that try to "capture" what it is really like in high school. I don't want my kids reading those kind I know if I don't try to type out my feelings now, I will lose what I am thinking/feeling.

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1. I don't like books that are written for YA that try to "capture" what it is really like in high school. I don't want my kids reading those kind of books. Yes, this may be real life for some, but I hope it isn't real life for my kids. I want my kids to be hanging out with their friends from church, not having sex on the weekends. It seems like authors that try to write like this write about the minority of high school kids. I saw signs posted at the high school that we directed at that say "only 3% of high school students drink alcohol regularly" or something close to that. They are wanting the student body to understand that NOT everyone is doing it, so it bugs me when teen literature makes it seem like everyone does (meaning alcohol, sex, etc).

2. I understand from a friends review that the author was compelled to write this story after working with battered women and children. I can see that she is trying to get the message out there that says you are in control of your own actions and feelings. You need to own up to them and take responsibility. I honestly don't see how this book is going to create change in young adults. The ending was very predictable. I knew as soon as the book started that he would have an ah-ha moment and suddenly be better or at least be on the road to better at the end. It seemed to "wrapped in a pretty package" to me and I think that high schoolers will see right through it. When I have felt the most compelled to change in my life, it has always been situations (weather listening to someone or even reading something) that the spirit was there. I don't think I ever once felt the spirit while reading this. I think there are more uplifting books on the market to get teens to understand the point the author was trying to make.

3. When I was teaching in Young Womens, a talk I came across from Susan Tanner said that we don't encourage our youth to obey the standards by showing them all the ways they could disobey. Meaning, we don't show them multiple examples of immodest clothing to get the point across to wear something modest. I feel that same way with this book, don't show us violence and anger to get us to not do it, or to get us to change our ways. I don't think the book focused enough on the 'message'. In fact, I didn't

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really even feel the message of the book until I read my friends review. Until then, I felt like this book was about a jerk who ended up realizing his errors and wanting to change. The problem is that when he wanted to change, the book was over. There was no time spent on the change. So this leaves readers who don't know how to change empty and just like every person who is caught in the abusive cycle... knowing they need to change but not knowing how. The kid in this book got lucky that he was sentenced to take this class. Not many people in real life are going to voluntarily take those type of classes.

So, to end, this book was fine for just reading. But to create change like I suspect the author was trying to do, I think it fails miserably. So folks, that is my initial gut reaction of this book. I am going to sleep on it, and I may change my mind tomorrow!! ...more

In this extraordinary novel by Alex Flinn, we experience a violent teen relationship from the point of view of the boy who beats his girlfriend. Nick is everyone's friend and seemingly has a perfect life. What his friends don't know is that his father is abusive. Before he knows it, Nick finds himself following in his dad's footsteps as he becomes both verbally and physically abusive to his girlfriend Caitlin. When Caitlin's parents file a restraining order against him, Nick is forced into a family violence class. In this extraordinary novel by Alex Flinn, we experience a violent teen relationship from the point of view of the boy who beats his girlfriend. Nick is everyone's friend and seemingly has a perfect life. What his friends don't know is that his father is abusive. Before he knows it, Nick finds himself following in his dad's footsteps as he becomes both verbally and physically abusive to his girlfriend Caitlin. When Caitlin's parents file a restraining order against him, Nick is forced into a family violence class. Required reading for many schools, Alex Flinn does an amazing job of portraying Nick in a way in which the reader can almost feel sorry for him. I found myself rooting for him to get help and stick with his recovery program. ...more

Breathing Underwater Rocket League

"Breathing Underwater" is about sixteen year old Nick Andreas who leads a double life, most of the time he is a charming, straight-A earning football player. However, the guys in his anger management class and his ex-girlfriend Caitlin know differently. They know that Nick is actually an abusive person who has lived under the poor influence of his father. This book details his struggle to find himself in the mask of anger that has been controlling him for awhile now.

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I honestly did NOT want to like this book. It seemed to be the type of book that I would naturally not like, even though I just love Alex Flinn's works. As I began the novel I couldn't stop myself from flipping the pages to find out what exactly Nick did and if he manages to control himself or not. Some people complain about happy endings, but this book's ending was bitter sweet, not completely happy. Flinn really has a gift in making the reader just feel the emotions of the main character, like it or not. I would definetly recommend this book to every teen who isn't aware of situations like the one presented in this book. ...more

A fast simple read that was gripping, shocking and honest.

Was this really challenged to be banned from a school? This is exactly the type of book that teen girls should be reading.....yes he's hot, yes he's popular and sexy, but he's mean, he's controlling and he hits you, this is not a romantic relationship you want to be in.

Even though the entire book is from the abusers POV and Flinn gave us hope for his character by the end, she made her girl SMART and able to do the right thing once the da A fast simple read that was gripping, shocking and honest.

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Even though the entire book is from the abusers POV and Flinn gave us hope for his character by the end, she made her girl SMART and able to do the right thing once the danger became to much. Its for sure a teachable book that examines the characteristics in a domestic abuser and the signs to know when to break off the relationship.

Breathing Underwater

...more

Breathing Underwater Lyrics Metric

It makes me sad that a book about teenage violence has become required reading for all freshman at North High,(where my kids attend). On the other hand, I'm glad that someone took the time to write a book about such a serious and much needed topic. I'm sure that the author wrote it thinking that if she could make a difference in even one person's life it would be well worth it. I feel that if the reading of this book is accompanied with a great deal of classroom discussion it could prove to be v It makes me sad that a book about teenage violence has become required reading for all freshman at North High,(where my kids attend). On the other hand, I'm glad that someone took the time to write a book about such a serious and much needed topic. I'm sure that the author wrote it thinking that if she could make a difference in even one person's life it would be well worth it. I feel that if the reading of this book is accompanied with a great deal of classroom discussion it could prove to be very helpful to kids who are prone to violence or kids who are victims of violence.

This is not your typical book about abuse because it's from the abuser's point of view. It takes you on a journey inside the mind of Nick Andreas a 16 year old, who grows up in an upper-class neighborhood in Miami FL. Once you get to know him you start to feel sorry for him because of his relationship with his father and his inability to recognize the seriousness of his situation. Because he refuses to see the obvious (that he needs professional help)he continues to make bad choices. Only when his life completely spins out of control does he finally have an "aha" moment and he starts to make the changes necessary to improve his life.

What impresses me the most about this book is how the author stresses the importance of accepting responsibility for your own actions. I think that was the main message of the book - to give hope to those who struggle with anger/violence, to let them know that there is a way to break the cycle of abuse and the first step to recovery is to stop blaming others for your problems and accept responsibility for your actions.

The author does capture the lifestyle of the average American teen which may be offensive to some, it's actually quite offensive to me personally, however, I understand that writers who write for YA's feel the need to portray high schoolers as realistically as possible. Alex Flinn may have gone a little too far with this though, the boys do use really crude language (this is what makes it a 3 star rather than a 4 or 5 star) Although, (as my daughter reminded me) if she were to make it truly realistic she would have to add a lot more 4-letter words. Obviously, the book was written especially for today's teens and therefore is much more appealing to that age group and less appealing to adults.

Interestingly, the author, Alex Flinn interned with the Miami-Dade State Attorney's Office, (while in law school) trying several domestic violence cases. It was this experience, along with serving as a volunteer and mentor at the Inn Transition facility for battered women and their children that led her to write this book.

Breathing Underwater

Incidentally, Alex Flinn recently came to visit some of the Com. Arts classes here at North High School. She came and visited my daughter's Creative Writing Class. ...more

Sadly, this book may be a work of fiction but in many ways it isn't. I know people in similar situations or even someone like Nick. It's not fun. It's sad to think growing up in a hostile home and not having the love from your parents that you need can mold you into a certain person who lashes out on the ones who care most about them (girlfriends/boyfriends and friends). It's a hard cycle to break and there's only two routes that it could end up at. I think this book could be very helpful for ce

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Sometimes they are the victim. ...more

Breathing Underwater Dream

This book made me think and feel so much. It could've been improved storywise and characterwise but it gets its message across really well, and the main concept of the story is portrayed perfectly.

It made you feel sad for all types of characters, while being so frustrated at them at the same time. This made me love this book.

Another book from my library's display for Teen Dating Violence Awareness month. This one was different, in that it was told from the perspective of the abuser. In past books, I've had trouble reading a story told from the "bad guy's" point of view, but in this one I found myself sympathizing with him at certain times.

I like how the story is told through a journal writing exercise and how Nick ends up understanding more about himself and his life through the exercise. I really enjoyed the charac Another book from my library's display for Teen Dating Violence Awareness month. This one was different, in that it was told from the perspective of the abuser. In past books, I've had trouble reading a story told from the "bad guy's" point of view, but in this one I found myself sympathizing with him at certain times.

I like how the story is told through a journal writing exercise and how Nick ends up understanding more about himself and his life through the exercise. I really enjoyed the character Mario and how he related to the guys in his class. His story was a very sad one and I like that it was included in a book of this nature. And even though it crushed me, I think it was wise of the author to include what happened to Leo and his girlfriend. I think it's important to show all the bad sides of this situation and not just the ones where the person learns from what they've done.

The ending was a good one for me. I like how Nick chose to continue his life and the conversation with his father. I also like that there wasn't some big happy ending... more like sort of a normal moving on from this chapter in their lives.

I think more teens should get out there and read these kind of heavy-hitting books and I'm so impressed with the authors who are writing them. ...more

Breathing Underwater

Breathing Underwater Movie

Cassi Davila

12/13

Breathing Underwater

Alex Flinn

263 pgs.

Sep. 6,2009

10

Nick Andreas was a confused young man. I believe he really loved Caitlin, and that he changed and was willing to love again. But I do believe Caitlin had every right to make the decision to not trust him again. I wouldn't. She was hurt and Nick did everything in his power to make her feel inferior to him. That makes me furious as a young woman reading this book, but by the end of the book i feel sympathetic towards him because h

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Wow. This book makes me a little sick to my stomach. And it hurts. It hurts a lot. It's the story of an abusive relationship, but rather than the voice of the girl, the victim, we are in the head of the boyfriend, the abuser. And I surprisingly found myself... not sympathetic, exactly, but something. I felt for him, wished he'd open his eyes to things, realize how hurtful and cruel he was. He also demonstrated some stellar character growth. Not enough that I think Caitlin should ever go back to

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surprisingly found myself... not sympathetic, exactly, but something. I felt for him, wished he'd open his eyes to things, realize how hurtful and cruel he was. He also demonstrated some stellar character growth. Not enough that I think Caitlin should ever go back to him, but enough that if/when he gets involved in a new relationship, I won't constantly be terrified for her safety. He grew and matured a lot and he began to take responsibility for his actions, to understand where he went wrong and that what he was doing WAS wrong. This is a book that NEEDS to be read by more people.

Update: I just reread this one on audio, and wow. Its hard to listen to. and I love it. It hurts, it angers me, it moved me, and I wish more people knew of this book. I've read several other books by this author, and this one is far and away, her best in my opinion. ...more

Breathing Underwater Metric

Jak mně se do těchto knihy nechtělo. Jak moc jsem měla dříve svou pátou knihu, protože tohle bude další - klasická - pokračování - ko pro dříve - ata, ze které ho jsem už vyrostla. Jak moc jsem se spletla. Kniha byla skvělá. Rozhodně si myslím, že by se měla dostat do podvědomí - hlavně mladým mužům, protože tenhle příběh doslova ká - myšlenkou "jsem nejsilnější a neuvědomuji si to." Hlavně - m hrdinou je zde Nick, nechtěně dříve, o které ho se stará jeho otec. Má věchno. Peníze, auto, bydlení - na pláži. Dříve tvrdě věřím chová vlastní. Jak mně se do těchto knihy nechtělo. Jak moc jsem měla dříve svou pátou knihu, protože tohle bude další - klasická - pokračování - ko pro dříve - ata, ze které ho jsem už vyrostla. Jak moc jsem se spletla. Kniha byla skvělá. Rozhodně si myslím, že by se měla dostat do podvědomí - hlavně mladým mužům, protože tenhle příběh doslova ká - myšlenkou "jsem nejsilnější a neuvědomuji si to." Hlavně - m hrdinou je zde Nick, nechtěně dříve, o které ho se stará jeho otec. Má věchno. Peníze, auto, bydlení - na pláži. Dříve tvrdě věřím chová vlastní - ho otce se toto naučí - eně chová - n - projevuje i na Nickovi, který nechápe a nevě, že by něco dříve - lal - i - patná. Kniha tak za - n - t - m, že je soudem odkázán na - bu, jelikož napadl svoji přítelkyni. Jak se celá příběh vyvine, zda se Nick změní, zda se postaví - svému otci, zda zůstane zpět svou dříve - vku a své přítelkyni... o tom věm je tato kniha. "Vždycky něco ztratím, abys něco zůstal." Věrná kniha!!! ...more

This review has been hidden because it contains spoilers. To view it, [click here](#).

Starting to read this book I had a totally different view of what it was going to be about and i'm glad to say that it made me think very differently by the time it was finished. I thought this book was great. It is so innovative and interesting to me.

This book drew me in very quickly and I really enjoyed the styles involved and each one had me anxious to get to the next part where that style would be continued. I thought it was very well done how Flinn managed to have me invest myself in the. Starting to read this book I had a totally different view of what it was going to be about and i'm glad to say that it made me think very differently by the time it was finished. I thought this book was great. It is so innovative and interesting to me.

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I found it really interesting how Nick was shown the error of his ways by writing it down. It's one thing that I never really did growing up. I never wrote a journal, but recently I have been urged to try my hand at creative non-fiction. My writings have taken on a very personal vein and have been so cathartic to me.

...more

Breathing Underwater Richard Rohr

I really enjoyed this book, but it was quite difficult to read.

It's about an abusive relationship and it's told from the abuser's point of view.

It was a book I can relate too, mainly because I was in Caitlin's position. As someone who was in an abusive relationship/marriage for many years, this book is incredibly honest. I could feel her pain all those times that she was verbally assaulted and abused. This book was a quick read, but I did have to take a break and put it down for a few minutes at a time. I really enjoyed this book, but it was quite difficult to read.

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This book is written mostly through Nick's journal entries. Out of all the protagonists I've read about, he is probably one of the most detestable. ...more

This book explores a relationship that slips and slides between all that is harmful and also that is now non-existent- the logical consequences of Nick's wicked and controlling temper. Great story about finding yourself. The book shares how a temper out of control demands self-awareness as results burn down around Nick as he missed Caitlyn. This is a book for all girls who have overbearing boyfriends or the potential to date someone with "trouble" and bad boy written on them. I loved watching the main character (Nick) transform and learn the source of his fire. ...more