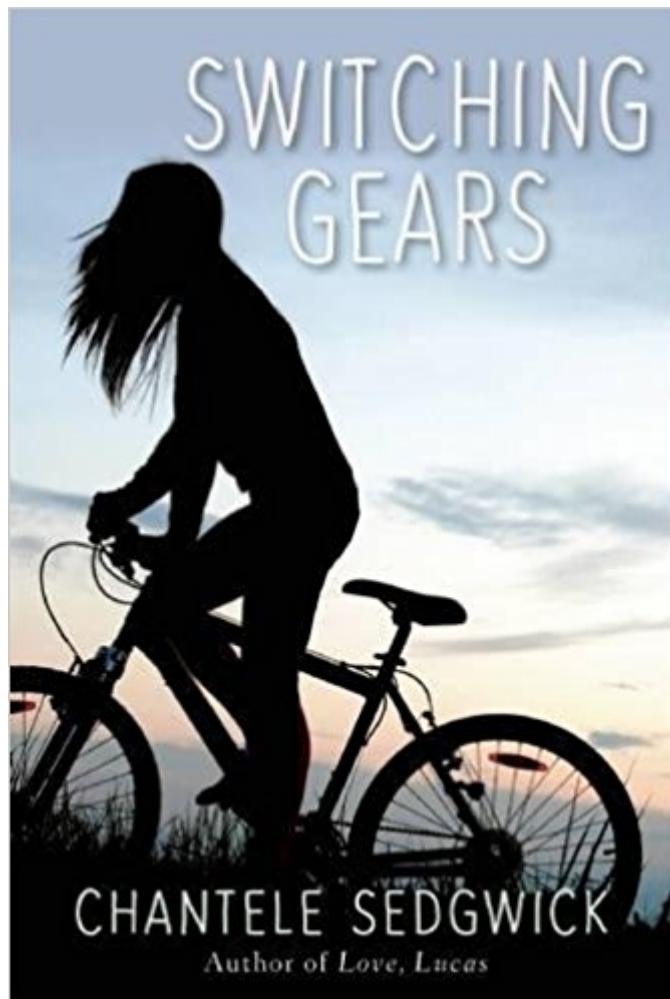


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# Switching Gears



## Synopsis

Still mourning the loss of Lucas Nelson, the boy she loved in secret for years, seventeen-year-old Emmy Martin turns to her passion for mountain biking to try to fill the empty void in her life. But just when things start looking up, Emmy discovers her mom has been diagnosed with early-onset Alzheimer's. Confused and angry that her parents didn't tell her sooner, she throws herself into mountain biking like never before. When Cole Evans, the rich boy who usually doesn't care about anything but himself, offers to train her for the biggest mountain biking race of the season, she accepts, determined to beat Whitney, and prove she's good enough for a sponsor. The more time she spends with Cole, the more she realizes he's different than she'd expected, and, to her surprise, she's falling for him. Torn between the deep feelings she still has for Lucas and her growing ones for Cole, she knows she must choose a path: one offers her the chance to love again, while the other is blocked by the overwhelming heartache for the boy she lost. As she drifts further away from her family and closer to her dream of being sponsored, a terrible accident threatens any semblance of peace and happiness she has left. Instead of closing herself off to the people she loves, Emmy must learn to rely on those she has pushed away if she's going to have any chance of getting her life back again.

## Book Information

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Age Range: 12 and up

Grade Level: 6 and up

## Customer Reviews

"An emotional tale of finding love after loss. Switching Gears boasts a cast of wonderfully flawed characters that grow their way into your heart." *Kasie West, author of The Fill-In Boyfriend and P.S. I Like You* "Packed full of competitive spirit and restorative heart." *Natalie Whipple, author of House of Ivy & Sorrow and Transparent* *Praise for Love, Lucas* "Just as readers think they know how this story is going to end, a big plot twist changes the tale's course. . . . Fans of Sarah Dessen and realistic fiction with a poignant and sad slant will find this an enjoyable read. VERDICT For general purchase, and especially for those school libraries needing realistic fiction." *School Library Journal* "A deeply moving tale of unimaginable loss and the redemptive power of love. Sedgwick masterfully delves into the painful details of losing a loved one, breaking your heart even as her beautiful words stitch you back together. Romance and friendship, true growth and authentic healing, this story blew me away. It takes a special book to bring tears to my eyes and make me swoon." *Rachel Harris, New York Times bestselling author* "Chantele Sedgwick's Love, Lucas, is a beautiful story about finding hope, first loves, and learning to live again after the loss of a sibling. With a fantastic cast, and the gorgeous setting of the California coast, this book is one fabulous read." *Jolene Perry author of The Summer I Found You* "A beautiful, moving novel of loss and love. Sedgwick's elegant prose weave a heart-breaking tale that stays with you long after you have finished the last page." *G. R. Mannering, author of Roses* "An emotional summer of love, hope, and healing! Love, Lucas is easy to adore with Sedgwick's real relationships, sweet romance, and tale of renewal." *Lizzy Charles, author of Effortless With You* "Chantele Sedgwick navigates the dark waters of grief with a deft hand and plenty of heart. Love, Lucas will drag readers under before bringing them back to the surface for a life-saving breath of hope." *Amy Finnegan, author of Not In the Script*

Chantele Sedgwick is a young adult author, harpist, wife to one, and mom to four. She loves fairy tales, happy endings, Kit Kats, and (judging by her bookshelves) buying way too many books. She is also the author of Love, Lucas. She lives in Roy, Utah, with her family and can usually be found reading or talking her husband's ear off with her endless supply of book ideas.

My inner teenage self loves the angsty stories and I would have devoured this back then. Even now, I still really enjoyed it. I love the passion that Emmy has found for mountain bike racing, as that is something that carries her through the trials in her life. I love that she has an escape and something to focus on that helps her become a better person all-around. A great moral to this story is to be

careful how you judge others. I think it's human nature to jump to quick conclusions about people based on limited information and Emmy learns those first impressions can often be dead wrong. As she comes to know the very persistent Cole better, the lesson becomes more obvious. He's a keeper of a friend--how can someone stand so much rejection and still come back for more?!Emmy is also dealing with a personal family issue and I love how a sensitive topic is brought up and recognized. When I was about the same age, my family went through a health crisis and her thoughts and feelings on the topic were very realistic for how a teenage girl might feel and try to deal with it all. This story of growth and overcoming hard things is a tender tug on the heart and I loved the engaging writing style. I'll be back for more, Ms. Sedgwick!Content: mild romance; mild violence (accidents, injuries, talk of death).

This was a fantastic teen drama, and it demonstrated that emotional teen drama DOES NOT have to have vulgarity and explicit content to reach teens. This was a beautiful wakeup call. It was poignant with emotional depth and shows characters recognizing potentially harmful coping mechanisms. So inspiring! I borrowed this, but I definitely want my own copy of this book, along with (at least) one for my classroom! It is so well-written - I'm wanting to underline stuff left and right. I thought Love, Lucas was good...this is phenomenal!! And the title is so fitting!

Switching Gears by Chantelle Sedgwick is a poignant young adult novel about loss, family and unexpected love. This companion piece to Love, Lucas that can be read a standalone. Following the tragic loss of her best friend and secret love, Lucas Nelson, seventeen year old Emmy Martin's life is still off kilter. An avid mountain bike racer, she is disappointed when she comes in second place in a race against her nemesis Whitney. She is still also smarting over losing her team captain spot to relative newcomer Cole Evans. So when Cole offers to coach her after she agrees to race against Whitney, Emmy turns him down without hesitation. However, their paths continue crossing as she trains on her own and she begins to realize there is more to Cole than she previously believed, but is Emmy ready to move on to a new relationship? Emmy is initially not an easy young woman to like. She is prickly, closed off and refuses to let anyone except her best friend Kelsie get close to her. Emmy is extremely close to her mom which is why it is so upsetting when she learns her parents have been keeping secrets from her and her brother Gavin. After learning the truth about her mother's recent diagnosis, Emmy refuses to talk to her parents and she begins avoiding spending any time at home. Instead, she throws herself into training for the upcoming race against Whitney and as she continues running into Cole, she is

surprised when she begins to realize she might be falling for him. Kelsie is a wonderful secondary character and she is extremely loyal to Emmy. She easily overlooks her friend's moodiness and she is quick to agree to anything Emmy asks her to do. But Kelsie refuses to let her friend wallow in her grief and she gently, but consistently, urges Emmy to consider giving Cole a chance. Their friendship is refreshingly lacking in angst or drama and Kelsie's upbeat personality is a nice contrast to Emmy's numerous issues. Cole is a fantastic love interest for Emmy and he refuses to give up on her no matter how unpleasant she is to him. At first he seems like he might be a little too perfect but underneath his clean-cut, wholesome facade is a normal teenager dealing with the same issues as other kids his age. Cole accepts Emmy's refusal to let him help her train without putting up a fuss but he is not fazed by her attempts to keep him at arms' length. His persistence pays off and a tentative friendship forms between them which eventually deepens into a real relationship. *Switching Gears* by Chantelle Sedgwick is a sweet young adult romance that is fast-paced with engaging characters. The storyline is well written with realistic problems and issues to overcome. The ending is a little overly melodramatic but the epilogue is nice. All in all, an enjoyable young adult novel that readers of all ages will enjoy. I received a complimentary copy for review.

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