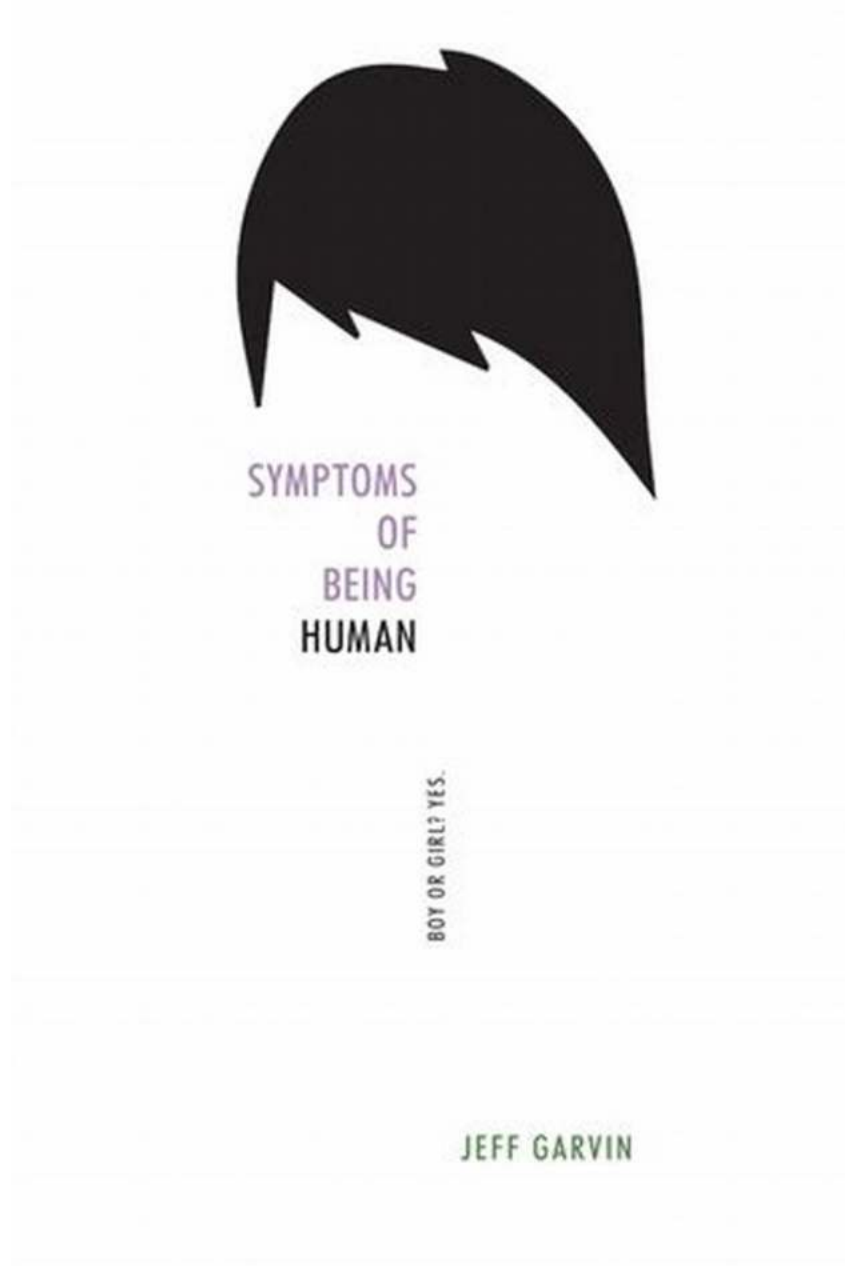


Symptoms Of Being Human Jeff Garvin: A Journey of Self-Discovery and Acceptance



Jeff Garvin's debut novel, *Symptoms Of Being Human*, takes readers on a captivating journey into the life of Riley Cavanaugh, a gender-fluid teenager who is struggling with their identity, self-acceptance, and the pressure to conform in a society that often misunderstands and judges.

Through the skillful use of storytelling and a compelling narrative, Garvin tackles complex issues surrounding gender identity, mental health, and the power of self-expression. This article explores the various themes and symptoms exemplified within the book while shedding light on the importance of understanding, acceptance, and empathy.



Symptoms of Being Human by Jeff Garvin (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 616 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 338 pages



The Long Tail Clickbait Title: "Discover the Uncharted Territory of Identity with Symptoms Of Being Human Jeff Garvin"

1. Gender Dysphoria

Riley's struggle with gender dysphoria is a central theme in the novel. The author highlights the emotional turmoil and inner conflict that arise from feeling disconnected from one's assigned gender. By diving deep into Riley's daily battles with dysphoria, readers gain insight into the unique challenges faced by gender-fluid individuals.

2. Identity Crisis

Riley's journey of self-discovery and acceptance is a powerful coming-of-age story. The book delves into the internal struggle of identity and self-doubt,

showcasing the difficulties faced by teenagers grappling with their true selves while trying to fit into societal norms.

3. Mental Health

Garvin incorporates themes of mental health, such as anxiety and depression, as consequences of Riley's internal battles. By exploring the impact of societal pressures on mental well-being, the author emphasizes the importance of compassion and support when dealing with such challenges.

4. Bullying and Stigma

The novel also throws light on the harsh reality of bullying and the stigma surrounding gender nonconformity. Riley's experiences with bullying highlight the profound effect such behavior can have on an individual's self-esteem and overall mental health.

5. Support System

Amidst the difficulties faced by Riley, Garvin highlights the significance of a strong support system. Through the character of Bec, Riley's therapist, friends, and family, readers witness the positive impact that love, acceptance, and understanding can have on an individual's well-being.

6. The Power of Self-Expression

Riley finds solace in writing a blog, anonymously discussing their experiences and feelings. This act of self-expression becomes an essential catalyst for personal growth and self-acceptance. It reinforces the power of finding one's voice and sharing it with the world, even if it means stepping out of one's comfort zone.

7. Acceptance and Understanding

The book navigates the journey towards acceptance and understanding, both from oneself and from others. Garvin skillfully portrays the transformation that occurs when individuals challenge preconceived notions and open their hearts and minds to empathy and compassion.

8. Intersectionality

Garvin consciously portrays the intersectionality of Riley's experiences. Through Riley's narration, readers gain insight into the overlapping challenges faced by gender-fluid individuals who come from diverse racial, cultural, and socioeconomic backgrounds.

Symptoms Of Being Human by Jeff Garvin paints a vivid picture of the human experience through a gender-fluid teenager's perspective. It serves as a highly relevant and timely exploration of identity, mental health, and the power of empathy for both young adults and adult readers alike.

By delving into the complex internal struggles faced by Riley Cavanaugh, Garvin offers a thought-provoking narrative that aims to challenge societal norms, foster empathy, and encourage self-acceptance. Symptoms Of Being Human is a must-read for those seeking a deeper understanding of the complexities of gender identity and the importance of embracing diversity.

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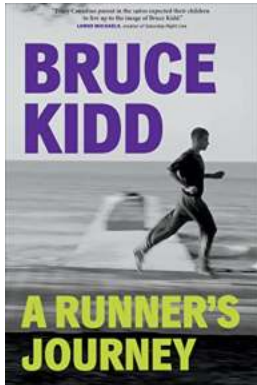
Starred reviews from Publishers Weekly and Booklist * YALSA Top Ten Quick Pick for Reluctant Readers * ALA Best Fiction for Young Adults List * 2017 Rainbow

A sharply honest and moving debut perfect for fans of *The Perks of Being a Wallflower* and *Ask the Passengers*.

Riley Cavanaugh is many things: Punk rock. Snarky. Rebellious. And gender fluid. Some days Riley identifies as a boy, and others as a girl. But Riley isn't exactly out yet. And between starting a new school and having a congressman father running for reelection in über-conservative Orange County, the pressure—media and otherwise—is building up in Riley's life.

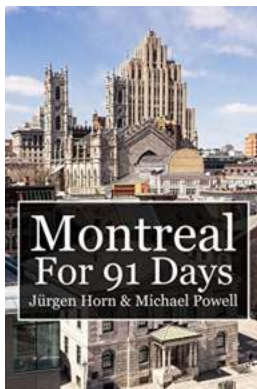
On the advice of a therapist, Riley starts an anonymous blog to vent those pent-up feelings and tell the truth of what it's really like to be a gender fluid teenager. But just as Riley's starting to settle in at school—even developing feelings for a mysterious outcast—the blog goes viral, and an unnamed commenter discovers Riley's real identity, threatening exposure. And Riley must make a choice: walk away from what the blog has created—a lifeline, new friends, a cause to believe in—or stand up, come out, and risk everything.

From debut author Jeff Garvin comes a powerful and uplifting portrait of a modern teen struggling with high school, relationships, and what it means to be a person.



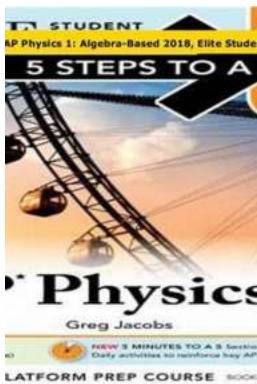
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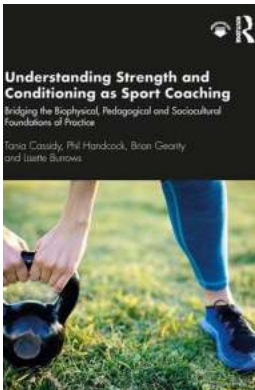
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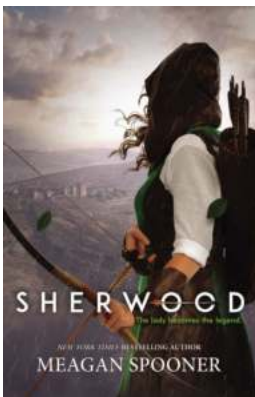
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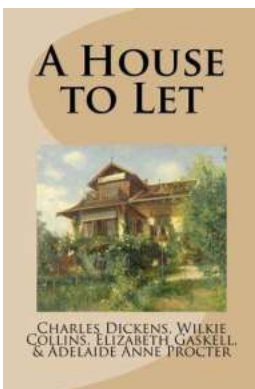
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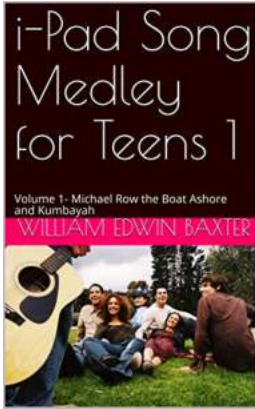
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