



Inside Out

Terry Trueman

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In a busy coffee shop, a robbery goes wrong. Two gunmen hold seven hostages, including teenager Zach Wahhsted. What nobody realizes at first is that Zach is anything but ordinary and his troubled mind is more dangerous than any weapon. Terry Trueman has created a compelling character with the same shocking power and heartbreaking compassion as his Printz Honor Award debut novel, *Stuck in Neutral*.

Ages 12+

Inside Out Details

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Author : Terry Trueman

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From Reader Review Inside Out for online ebook

Michael Taylor says

Ever read a book that can make you laugh, cry, and leave you in complete shock? If not, this is the book for you.

Terry Trueman won me as a fan when I read this book. There's not one negative I could give this book. Honestly, not one. The story is about a boy who has a disorder and how that disorder propels him through a very stressful situation, at least stressful to most people.

When I read this book, it forced me to see things that I don't understand in a whole new light. And when I hit the end of the book... Well, let's just say JAW DROPPING!

Read it, read it, read it! And you too will become a fan of Terry Trueman.

Hailey Ogston says

In the story *Inside Out*, a boy named Zach is held hostage in a coffee shop, but nobody knows that his mind is a more dangerous weapon than anything. Zach is sixteen and has schizophrenia. The author Terry Trueman knows about mental illness. He has a B.A. in creative writing as well as an M.S in applied psychology. *Inside out* is the second book he's written.

Zach was at the coffee shop where he waits for his mom to bring him his meds after school. Everything was going just fine while he was waiting, and all Zach could think about was getting a maple bar. While he was thinking of getting one, these two teenage boys broke into the coffee shop. Being that Zach is a schizophrenic, he isn't sure if these boys are real or not, but by seeing other people's faces he thinks they may be real. Seeing other people's reactions really helped Zach.

These two teenage boys had guns and they were threatening to kill anybody who spoke or said a word, which was really difficult for Zach, seeing he always had a lot of questions. After a few moments, the police showed up, so the teenaged boys made everybody go to the back of the store, but that maple bar was still on Zach's mind, while everybody else was very scared.

Generally the book explores what happens to Zach and how he deals with not having his meds for longer than he's ever gone. Trueman writes in Zach's perspective, which I think helps you want to read more, because you always know what he is thinking. I recommend this book because it keeps you wondering if Zach is going to be okay.

Kristi says

So if you have ever watched *Silver Linings Playbook*, you are probably well-aware of the scene where Bradley Cooper's character throws his copy of *A Farewell to Arms* out the window in disgust and anger at the ending. That is what I wanted to do for the ending of this book.

Snow says

What an experience. If you have not read this book do yourself a favour and get your hands on it. This is such a powerful read.

This book deals with important issues juvenile crime, prejudice, but most importantly, mental illness.

Meet our main character, Zach. Zach is a bit different. His mind works a bit different from the way other people's minds work, well that's what his doctors and his mom say. So it's probably true.

Zach finds himself in the middle of a bank robbery. He supposes he should be scared but he doesn't think he is scared. Maybe he is?

This book is so hard to describe. So I will use a metaphor as I often do when I can't express in words how this book made me feel experiencing the story through Zach's eyes. The metaphor might be confusing but it's the best way I can explain my journey with this book.

It felt like I was skating on a frozen ice pond. I felt like I could lose control anytime and slip and fall. But It was such a graceful journey I had no fear. It was a bit dark around, so all I could feel was the sense of skating and deciding whether I liked to skate or not. Then the light starts to grow brighter and I get to see my reflection. Yet it's not the reflection I expected. It is someone vague sad and alone. I skate along feeling an urgency to help the reflection but the sensation of skating is so liberating and so I don't feel too bad for the reflection. Then I start noticing people around me pointing at me. Some are laughing some are looking at me in utter disgust. The question in their faces is crystal clear.

Why is this person skating.?

Why is this person allowed outside the house?

I can feel my stomach turning, I'm becoming upset. But then I realise, I am still having fun. They are strangers. I don't need them to understand skating to have fun and glide. I then start seeing the cracks in the ice. I start sensing the danger of this pond. There is no way to know how thick the ice really is nor how long I will be able to keep skating. As I start making my way to the edge. I feel the ice crack and I am plunged into the icy frozen water.

It's hard to explain this story. It's important to keep it hidden so you can discover it yourself. Because only by digging and going through the effort of getting to know Zach will you understand the treasure buried in this book.

So very very powerful.

Will need a bit of time to process this one.

Fifi Garcia says

This book is so interested. I would've never pick it if my reading teacher wouldn't show it to me.

Kyle says

In inside out my opinion is that the book is ok so far kind of a lot of things are happening like the teen robbers that come into this coffee shop and stick the place up and the main character in my story is a little different he can't and can function right he is slow at know reality, like if something isn't really there. My character also has enough courage to say something to the teen kids with a gun in his face without really even knowing it. I think that takes a lot to stand up to someone with a gun in your face and there were other people in the coffee shop that could help stop the teens and there was even a little girl like just imagine how the little girl felt, I mean the little girl ain't even that old she's not going understand whats happening and it could be really traumatizing for her.

Ashley says

Read more on my blog [Books from Bleh to Basically Amazing](#).

This book was pretty disappointing. While the premise was interesting, and the story itself had a lot of potential, I didn't think the writer did the story justice. I felt like the book was poorly researched and only moderately well written. The main character of the story suffers from schizophrenia and while I do not claim to be an expert, or even terribly knowledgeable about this disorder, I did study it as part of my undergrad degree, and I felt that the description of this teenager suffering from the disorder was inaccurate and improbable, the sort of stuff you would get from a google search, (and not a very thorough one). For just one example; anti-psychotic medication doesn't work as quickly as the story suggests. At one point, in one of the chapter beginnings (all memos, letters, notes etc. from or to his doctor) the doctor mentions that overnight Zach seems to be doing better on the medication they have given him to calm him, and quite the voices. Many times throughout the story, it also mentions that if Zach doesn't take his meds at the same time every day, evil people who follow him will be back. Anti-psychotic medication takes between 2 and 4 WEEKS to become even moderately effective. I can't think of a single medication for a psychological disorder that will offer significant improvement overnight. AND, with most of the medication, you won't really suffer from an adverse reaction if you miss your dose by a couple of hours. That's one of the reasons it's so hard to keep patients with a disorder like this on their meds- right after they stop taking the meds, they still feel fine and can function as they normally do on their meds, and they don't have to deal with the side-effects, which often include being drowsy, or less alert etc. It's poor research. Stuff like that just doesn't happen with medication. Did he even research the issue?! Most of the story read like that. It felt like the author decided what to write about, realized he wasn't sure he knew enough, did a basic google search, and declared himself an expert. It was unrealistic and disappointing because the events would not have unfolded as depicted. Oh, and the very end? Like, seriously?! How totally lame! Sigh. It wasn't awful, but it wasn't very good either.

Filipe says

I thought it was a good book, but nothing special. It's a really short read so it get right to the point not that many details. I thought that it was interesting how the boy had schizophrenia and would almost get everyone killed because you couldn't stop talking. Its not a bad book, and I would recommend to anyone that doesn't want to read a long book.

Stephen says

This is an amazing read and should be on everyone's must-read list.

Zac Wahhsted is a young man that has a tough time understanding himself or others. He's a diagnosed schizophrenic but this likeable young man gives us a glimpse into a confusing child-like world that will have you laughing out loud one moment and tearing up the next. At only 120 pages of clear concise prose this is a lightning quick read and when you finish it you know that you'll remember aspects of it forever.

Zac is one of those unforgettable once in a lifetime characters that you sometimes meet in fiction. You'll never see mental illness quite the same after reading this.

I can't recommend this book highly enough.

Shane Strauch says

The book I read, Inside Out by Terry Trueman is actually suspenseful, it is also really awkward. The book was also one of my favorite books, right behind Hatchet. It has a whole load of details and it only has 115 pages! Perfect for me. My book was about a robbery by two teens at a Coffee Cafe. They tried to rob the store for their mom's health. One boy is 14 another is 16. The main character of the book is a 14 year old schitzaphrenic teen named Zach. He doesn't understand some of the situations his is in so. . . he rarely has feelings. Through out the story Zach and the Robbers, Frosty and Stormy actually become friends. Zach just tries to help them out through the whole story by staying back with the Frosty and Stormy to keep them from getting arrested while all the other hostages leave. There are events like people getting shot, some kid almost gets his head blown off by the Cops, and Zach's schitzaphrenia takes a dive for the worst, or the best? In the end everyone is happy even if Alan and Joey (Frosty & Stormy) don't get what they nescaserally get what they want.

Noah Marker says

Personal Response

I think this book is good because it has very many moments where you want to know what will happen next. So it will make you keep on reading. I also like that it was weird in the book it said I also like that the book was strange at times. In one part it said, "the blood coming from his face looked like chocolate syrup and I

want a chocolate ice cream now." It was very weird. The real reason I like this book is because it was very easy to read and if there was more books like this I would read it for sure.

Plot

What happen if I read it right was that at this coffee shop, Zach was going in to get some maple candy bars when these two kids came in with two guns saying "nobody has to get hurt so just listen to me and give me the money"! But as the book goes on Zach starts two feel bad for them because there mom just got cancer so they needed money for the medicine that would help her. So then Zach helps them with his doctor to get the medicine for there mom.

Recommendation

I think this book should just be for kids who are in high school and up because has bad language and suicide stuff. I also think that it can be for both boys and girl just I think it should be more for boys back has action and funny but probably not for girls. I also think I relate to this book because if my mom was sick and I didn't have the money to help her I would try to get the money any way I could.

Lisette Quiroz says

Well, I remember the day I asked the librarians from my old school to help me find a new book, one that's a tad different from the ones I read like supernatural, romance, just plain happy.

They asked what kind I would like. So I think and out of no where, I think of my older brother, Luis. You see, my brother's Autistic. It's a sort of disorder. Not sure how to say it except like it's like being a child but you grow and grow and never change. If you want, look up "Autism" in Wikipedia and find out about it.

I asked her if they are any fiction books that's about disorders or anything like that. Then she showed me this book and tells me about it. I finished it in 2 days and I was pretty depressed for a few days after finishing it and reluctantly returning it.

I was sad for 2 things.

1: I had to return it.

2: I felt bad for people who had sons or daughters with that kind of disorder and still living through it all. Having to take care of that child, even though the other parent left, struggling to maintain a job and still looking after that child. And in the end, still trying their best. And for once, I could finally understand why my mother still tries and still succeed at that.

This is a must-read for those who know how it feels to have a child or sibling with a disorder. And for those who are strong and won't cry at the ending, crying like me.

Hayley says

I don't really like to read big books. Unless if they are extremely interesting. This boy really refrains himself of jerking around and constantly talking. When you read this book, you have a diversity of thoughts rushing through your mind. Oh and emotions too! You really don't know how to feel when you read this book. Some people say sometimes if a book is really interesting it almost seems like your watching a movie. This book actually does exactly that. I am really glad I found this book. I really recommend it.

Em says

My goodness, what a story.

Mine, not this one.

My sister's kindergarten teacher knew I was a book kid, and for some reason it occurred to her that I would like this thing, so she handed it to me and expected me to read it and not be terrified and confused.

Good job. You should definitely be teaching 5-year-olds.

So then I mispronounced the neurological disorder "shy-no-pairs-ee-ah" and cried to my parents that I was afraid I would get it.

Don't let 8-year-olds read this. Just don't.

I hardly recall the quality of the book, but as a young child I had no bloody clue what it was trying to say. I just found it really scary.

Judie says

Zach suspects that things might not be going well when two armed teens burst into the coffee shop where he is waiting for his mother. When their attempted hold-up goes wrong, the teens take everyone in the shop hostage, including the confused Zach. What the robbers don't realize is that Zach suffers from paranoid adolescent schizophrenia. This condition has left the boy, even with proper medication, in a state of never really knowing the motivations behind other people's emotions and actions. It also means that if he doesn't get his medicine on time, two of his worst mental projections, "Dirtbag and Rat", may come and torment him to the point of suicide.
