



The Art of Letting Go

Anna Bloom

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For Lilah McCannon, life has taken a bit of a wrong turn. Engaged to a guy she is not in love with and stuck in a job with her tyrannical father as her boss, life has definitely not turned out the way she expected.

At twenty-five years old, Lilah knows that she has a simple choice: live the life she has created or change it.

Enrolling on a course at the local University, Lilah sets out with some clear rules to ensure her success at being a grown-up. No alcohol, no cigarettes, no boys, and no going home. But the last thing she anticipates is meeting Ben Chambers, the lead singer of a local band. With Ben, it's instant, it's hot, and it's deep, but when Ben is offered the opportunity of a lifetime and it looks like his future lies on a different path to hers, Lilah has some heart-rending decisions to make.

With the academic year slipping by too quickly, Lilah faces a barrage of new challenges. Will she ever make it up the library stairs without having a heart attack? Can she handle a day on campus without drinking vodka? Will she ever manage to read a history book without falling asleep? Most of all, will she be able to make the ultimate sacrifice and learn *The Art of Letting Go*?

The Art of Letting Go Details

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From Reader Review The Art of Letting Go for online ebook

Maryam says

I fell in love with Lilah from the very beginning, her voice is so good and well developed. I fully agree with Anna when she said in her interview that her characters are crazy and loveable.

She's older than your average NA protagonist, at 25. But she sounds younger than she really is. Impulsive at times, she is a fun, humorous person and you'll love every second of the narration.

Now, for the plot; I loved the fact that Lilah decided to enroll in a university because she wanted to turn her life around and be all grown up than she already is. The twists and turns of college life are so beautifully explained that it had almost had me going, "OMG, this is so me." at numerous points in the story. And then there are the friends, Meredith and Jayne. I absolutely adored Meredith, Jayne however makes few appearances and doesn't really get much development time.

And then there are the boys. John is Lilah's ex-fiance is a guy you'd love to hate, at least I did. But I wish there were more scenes between him and Lilah. And then there is Ben, and boy oh boy, what a man. He's everything you'd want a boy to be.

All in all, The Art of Letting Go is a fun read that might become this year's best read for me. I enjoy Brit-lit and have fun reading the slang and British humor. If you do too, this is the book for you.

Komal Chandwani says

It might be called The Art of Letting Go, but I cannot let go of this book. I've fallen in love with Ann Bloom's writing and her characters. This book is so much more than I expected it to be. It gives the readers a sense of realism.

Lilah's journey is one that most people can connect with at some level. Her character develops steadily and that's what makes you fall in love. Lilah is not an already developed character. As the character grows, you grow alongside with them. Her life wasn't easy and Lilah has rules. But when those rules are broken it's actually party time for us.

Ben. Oh goodness, where do I start with him? I am utterly smitten with Ben.

Their journey is filled with ups and downs. But it's their strong bond that makes your heart beat go crazy.

I have laughed, I have smiled and I have cried. This is the book that you DO want to give a shot to. You need this book on your kindle or perhaps a paperback. I love this book and cannot wait to read the next one.

Pauline Ang says

Originally posted at Fathomless Reveries

Thank you to Anna Bloom for the review copy! This is no way affected my views on the novel.

Coming across this book was amazing. I loved the synopsis, and the cover was really super cute and adorable. I felt like I could totally relate with the blurb because I'm also about to enter the university and all that, but when I started to read it, I'm disappointed with how I cannot be really connected with the characters that much. I don't really know why, but yeah.

I love Lilah's fun and sarcastic way of narrating things. It really made the mood light, and fun. It makes you laugh, and it was as if you were just telling stories with your friend. Lilah is 26 years old, but she acts like a teenager. Seeing her grow so much during her stay in the Uni was really amazing. She's far from being a perfect person. She's insecure and has a lot of negative traits. Being with her while she realizes a lot of lessons in life has made me feel like I should be doing something to change myself for the better also.

I love how Ben handles Lilah, and gives her space as much as she needs to. He's not the possessive, jealous guy at all, which was really cool. It may have started out with instalove, but this love he has for Lilah was truly sweet and genuine.

The romance between Lilah and Ben was not easy, but it was just right and perfect for the two of them. There were a lot of things that they encountered in their relationship, but they helped each other grow with the choices they make, together or individually.

The Art of Letting Go is humorous, light, easy-to-read with no over-the-top drama that is recommended to those who love NA and British humor. I'm curious to know what's going to happen next to Lilah and Ben in The Art of Keeping Faith.

Erin says

I bought this on a recommendation from my friend Kelli. We have similar taste in books and we are forever recommending books to each other. This is just one in the long list of recommendations I've had and I've finally gotten around to reading it after buying it quite a while ago.

The story is all about Lilah McCannon. Lilah is the narrator throughout and her voice comes to us in a diarised format. Lilah is a bit lost in life. Stuck in a job she hates and a relationship she isn't invested in she decides to take matters into her own hands and run away from home, well to the local Uni.

I really liked the sound of the blurb. I'm close in age to Lilah and I also went straight into work skipping uni so I felt I could relate to her on that front (although I love my job – on occasion – and my boyfriend!). I didn't realise until I started reading the book that it was written like a diary. I wasn't sure what to think but read on as Lilah's dry sense of humour and very down to earth, tell it like it is voice drew me right in.

The story follows Lilah through her first year at university and has so many emotional ups and downs I was wrung out by the end of it. I was sucked right into the story and compelled to turn page after page after page. Lilah meets hunky guitar player Ben on her first night of Uni and spends a lot of time making lusty eyes before finally getting together with them. I loved when the pair were together because they seemed to fit so well and their chemistry was evident even though the story is only told from one POV.

I read this in 2 sittings. It's quite long but as I said it hooks you from start to finish. I wasn't going to go ahead and buy the next one in the series straight away as I'm supposed to be watching how much I'm spending BUT this is left on such a cliff hanger I had to buy it straight away.

Ellen says

The Art of Letting Go is such a fun book and I did truly enjoy it. It is written in diary format, with entries from the protagonist, Delilah "Lilah," chronicling her life during her first year at University, telling the tale of how she found the love of her life, Ben, and all the drama surrounding it. Lilah is quite the character. She is funny, likes to hang out and do a bit of the typical college partying with her friends, but her fears and insecurities keep her from committing to Ben completely. Ben is a total hottie, is in a band, and he is completely crazy about Lilah. They have a lot of fun together and the chemistry between them is electric, so there is quite a bit of "snogging" going on. There are some really steamy scenes, some funny times, and some serious ones. As Ben prepares to leave for the United States with his band, Lilah's anxieties increase. Lilah has a moment when the light bulb comes on and she truly realizes what letting go really means, and what it doesn't, and is determined to find Ben and tell him so, but she just may be too late.

The Art of Letting Go is a delightful novel that is filled with British humor, romance, great characters and secondary characters, and lots of fun. I really enjoyed this novel and I am really looking forward to what happens next.

Heather says

Today I am sharing with you the first honest to God New Adult Romance that I can get behind and say that if you don't read this book/series you will miss out on an incredibly witty, romantic, steamy love story that puts most other romances in this category to shame. Candace is always sending me emails saying "I think you'll like this one" as she gets me and my tastes. She is never wrong. She sent me this one and I said no because October has been the month from hell. But then I read an excerpt somewhere and I was hooked. So I asked to join the tour, because sometimes, you just know a book is meant for you. The Art of Letting Go was meant for me. I hope you love it as much as I do!

Lilah is such a fun character! She is funny, unaware of her finer qualities, very aware of her faults and seems to know quite a bit about Taylor Swift songs. She has just quit her job at the bank making gobs of money to become a student at the University and she finds herself living with teenagers at the age of 25. She believes she might have made a mistake until she meets Ben, the lead singer of the band playing at the "Fresher's Ball." After having broken some of her "rules" Lilah thinks:

"My life could be lived to a Taylor Swift album right now. If my life was ever made into a movie that is all there would be: Taylor Swift belting away in the background a song for every day that I sit here on my bed....She would croon about all sorts of teenage love and angst." (loc.1196)

Lilah keeps a journal so we can read about her escapades and feelings. She's stubborn. She is noble. But she also gets in her own way. She tries to do the right thing but it's really hard to say if she is doing the right thing. She definitely shows character growth, especially at the very end. She has proven that she can act like

a grown up in some ways. She is laugh out loud hysterically funny. And April 14, because she writes in a journal and it is a journal entry, made me cry. I hope that Lilah has grown up enough to follow that question mark!

Ben, oh Ben! Who doesn't love a man who cooks for you, loves your "squidgy bits", fireman carries you home after you've had too much to drink, and sings "Hey there Delilah" to you since that is your name?" Ben gets Lilah. He loves her soul deep never caring about running down her face, night after makeup or that she can't cook. He doesn't care that at 25 she's still not a grown up. Ben love Lilah, all the ugly parts and the beautiful parts and the inbetween parts. And he doesn't cheat on her, or ever give up on her. He does this one thing, this one grand gesture, it is so amazing and any man that would do that for me, he would have my heart for as long as he wanted. It has nothing to do with singing to her, which he does. Nothing to do with romantic dates, which he does well. It is the most caring thing I have ever seen a man do. He's also funny and dishes it right back to Lilah. They are a perfect match.

Lilah makes great friends with Meredith in her dorm and she becomes friends again with her twin brother whom she has shared a flat with for years but has never really liked. These two characters serves as sounding boards for her and support when she needs it. She even has parents to whom she isn't speaking for most of the book as her father has disowned her for leaving the job at the bank he got her and going to Uni.

So why do you ask am I so besotted with this book? First Lilah, she's someone that I understand. She isn't sure of herself. She's not stick thin and beautiful and just doesn't know it. That is not her. Also she isn't a genius. No, if she's going to pass Uni, she's going to have to do a lot better than she's done this year. She's spent most of the year stalking, ogling, and obsessing over Ben. And then there was the drinking. I don't think you have it all figured out at 25. But I love that she followed her instincts to leave a job she hated and tried something new. And it led her to something amazing-Ben and new friends. And I love that she didn't knuckle under to pressure to go back to the job she hated when her father threatened to take the flat away that she and Tristan shared.

I loved her sense of humor, her honesty at least with herself and her compassion.

Yes, there was sex. Lots and lots, but it happens off the page, never described and it isn't needed for the story to work. That's why it's good. There is a real story here, not just sex with some words written around it. There are parents involved, both Lilah's and Ben's. The main characters are not broken individuals. No, they are pretty much everyday people who might have some insecurities, but nothing like what I think most NA has in it. There are no tragic pasts. The drama is pretty low key. What more can you ask for? It is truly a compelling novel and I need the next book in the series right now! The ending leaves you with a small, smidge of hope. But one book was not enough of Lilah and Ben so I am glad there will be more!

Thanks to the author for a copy of the novel for review purposes!

Stephanie says

3.5 Stars

I'm generally not a fan of the New Adult genre. In my reading experience, it basically means it's a Young Adult book with Adult sex scenes (sometimes Very Adult, graphic sex scenes that are quickly skimmed over). There's almost always a manwhore who changes his ways for the one, who just so happens to be very innocent. They're usually freshmen in college who are still teenagers and not really dealing with anything a

new adult would be.

So I was pleasantly surprised that *The Art of Letting Go* focuses on a couple in their mid-twenties, facing real “what am I doing with my life??” questions. Losing one’s virginity is not a main plot point and there are no graphic scenes at all.

Lilah, our main character, is twenty-five when she decides to leave her cushy bank job and her fiancé and start over at university. I felt like Lilah was a blend between Bridget Jones (the movie, I haven’t read the books so I’m not sure how similar they are) and a Sophie Kinsella character. Which means that she tries very hard to try to do better. Sometimes she succeeds, but mostly she wakes up with a hangover. While I found that she was funny and relatable a good deal of the time, I was bothered by how much drinking she did. She and her friends all sound a little like alcoholics.

Then there’s Ben. I read *The Saving of Benjamin Chambers*, the prequel from Ben’s POV, before reading this book. While I really liked Ben, I was a little put off by his new stalkerish purpose in life. I was expecting him to be a psycho, possessive boyfriend in this book and he really wasn’t. Even though he’s been in this relationship about 9 months longer than Lilah has been, he doesn’t ever push her. He’s just there – cooking her breakfast, walking her to the library from class, hanging out, playing his guitar. Even though it started out a little bit like “insta-love”, they really do earn their relationship.

I liked the secondary characters, their roommates and Lilah’s twin brother, Tristan. I was a little skeeved out by 25 year old Tristan going out with 18 year old Meredith, but they ended up being a pretty stable couple that I liked. I would’ve liked to have seen Ben’s band mates more, though.

Overall, I really enjoyed *The Art of Letting Go*. It was funny and sweet and probably the best New Adult book I’ve read. I would have given it 4 stars, except for a couple of issues. The plot involved a lot of getting drunk, having sex, repeat (though it wasn’t graphic scenes, so props for that). And maybe it’s a British thing, but I found the lack of contractions to be a little distracting and made the dialogue oddly formal.

I would recommend this book to fans of NA or Contemporary Romance. I’m looking forward to seeing what happens with Ben and Lilah next in *The Art of Keeping Faith*, which comes out in the spring.

See my review at: <http://stephaniesbookreviews.wordpress...>

nick says

Anna Bloom's *The Art of Letting Go* was a book that I was looking forward to read it because not only is it set in England, but it also has a protagonist who was in her mid-twenties heading back to college. I thought that that would make for an interesting story and I was excited because it sounded promising. While the main character Lilah might have been in her mid-twenties, she had the maturity level of a 12 year old. She was a difficult main character and I truly wish she had more of a backbone. Her constant jealousy fits whenever a girl approached her love interest and constant blushing/giggling when she would be with the love interest frustrated me. One particular scene that just showed how immature she was was when she gets a terrible haircut and then refuses to go to classes or outside her room to even eat. I just never understood that. You can wear a cap or cool-looking hats if you want to hide your haircut. You don't just skip classes for almost a

week. That just seemed very childish to me. She also made a promise to herself to steer away from romance and focus on her studies, but of course she broke that promise within a few hours. I'm not saying she shouldn't have been interested in boys, but I wished she was more focused on academics as well. While the romance was sweet at times, it could also get really cheesy. There was this one scene when the love interest, Ben, who is in a band, started singing "Hey there Delilah" by Plain White T's. I don't know, I just thought that scene was so cheesy I actually laughed. In the end, I just couldn't make it through the entire book because the book was full of scenes like that. The book does have an insanely high rating on Goodreads, so I suppose it didn't work for me because of my personal preferences.

Trish at Between My Lines says

The Art of Letting Go is exactly the type of NA book that I love. It's not over dramatic; there is no over the top story line such as half your family being killed and the other half suffering some awful trauma. None of that crazy stuff that so many NA books are full of. Instead it's fun story about going to college and starting again.

My Recap :

Lilah aged twenty-five realises she hates her life, her fiancée and her job. So at the drop of a hat, she packs it all in, packs up her bags and enrolls in university. This book follows her first year at college and the many ups and downs along the way. She gives herself 4 rules; no alcohol, no cigarettes, no boys and no going home. That's going to work, right?

My Thoughts :

If I could find one word to sum this book up, it would be fun. Crazy, light-hearted fun with loveable characters. Lilah is impulsive, a little bit crazy (in a good way!) and ready to start living her life. I was really impressed with her running away from her life and starting again in college until I found it was only 3 miles down the road. That made me laugh, maybe she wasn't as impulsive as I thought.

In college, Lilah lives in a bubble. She blocks out her family, her previous job, her fiancée and even though she is older than her fellow students, she throws herself headfirst in to college life. And manages to throw back a vodka or ten at the same time. She likes to party, no doubt about that and at times I wondered was it excessive but in reality was nothing more than most of us have managed to cram in from time to time.

Lila is older than most NA characters at 25 but she feels younger at times. By going back to college and hanging around with a younger set, she paradoxically grows up more than she ever managed in her grown up job. She tackles her studies with a certain lack of dedication and for all those who have been known to procrastinate about studying; you will recognise those studying detours that are far more important in the moment. Such as the toast test, where you spend hours experimenting how long it takes to make the perfect slice of toast.

So yes, I loved Lilah and her sense of humour and fun. So she needs a strong male mc to match up to her and I don't mean John her clueless fiancée. Fear not, we have the lovely Ben who is more than capable of stepping up to the plate. Ben is a musician (always a good starting point!); hotter than hot and even better, he

is a good guy. Perfect! Their romance has its rocky points but I'm always cheering for them. And there is the swooniest date ever to be enjoyed – I'll give you a hint (champagne, baguettes, brie, strawberries, chocolate, a park in springtime bloom) – nice. If my husband is reading, feel free to take notes Tom!

Set in London, this book has a very English feel to it and is fun of 'British humour and charm'. That is a quote from the book synopsis but I have to use it as it's true and really captures the essence of the book. A huge highlight of the book is the strength of the friendships. I feel it really captured how quickly college friendships are made and how quickly your new friends become your rock to cling to in good times and in bad.

If I have any criticism of the book, it is Lilah's parents. They seem to go hot and cold and it felt hard for me to believe that Lilah can go from ignoring her mother to pouring her heart out to her. That part just didn't really sit right with me.

The book is counting down towards an event and as you get closer to the date, it feels like a ticking clock and I was anxiously flipping pages hoping and hoping for where I wanted this story to go. Did it go there, sorry, spoiler free zone! I will say it has me screaming for book 2 ASAP.

Who should read *The Art of Letting Go*?

Highly recommended for all those who enjoy NA books that are heavy on fun and low on the over-the-top-drama. If you enjoyed books like *Bridget Jones Diary* then I think you would really enjoy this one as well.

Tee loves Kyle Jacobson says

The Art Of Letting Go is one of the funniest craziest books I have ever read! Lord I laughed and I screamed and I yelled at my kindle because I was so invested in this story and the characters. Man what a wild ride this story was. I mean the main character was older she was 25 years old and she had a life but it was life she did not want. She had a fiance but she did not love him she just agreed to marry him out of comfort. So as I am reading this story and I am seeing where this is going I start to get nervous because at 25 years old when you make a life change it can either make you or break you depending on what the outcome of the decision.

So when Lilah decides she has had enough of her life and she is going to pack up and go to Uni I was a little afraid for her because I did not think she could pull it off but holy hell what she does go through is one crazy ride. I mean imagine starting Uni at the age of 25 uh you are a little older than the college age kids and you have to decide if you are going to fit in with the in crowd or you are just going to sit back and live in your own world.

So Lilah starts Uni and she goes through all these changes and challenges and some where along the line she falls in love with a great guy but she has been heart before and she has problems trusting men in general. But when Lilah meets Ben he sparks something in her that she wants to explore but is too nervous to explore.

Will she let her old self go and move on or will she stay sheltered?

books are love says

This was wonderful. The story was told in a dear diary format where Lilah's thoughts are coming as she is putting them in her journal. I love her self discovery and how she realizes what it means to let go. Let go of self doubt, insecurities, anger, disappointment but one that is the hardest for us all is the one we love so that they can have a future. Here this reminds me of the phrase if you love someone set them free if they are yours they will come back if not they never were. This is what Lilah what must with Ben and it is hard to watch.

this is the story of Lilah and Ben and how they come together. How they find love and support in each other. How they buoy each other up and give each other the strength to do what they feel is impossible. Ben is a patient and understanding guy. He loves Lilah with everything he is. Lilah helps Ben see the world in a unexpected way. She shows him that it is okay to be just be. They have many fumbles along the way and many douh moments but it is so tender and sweet to see. Like the trip to the area where Lilah's favorite book goes. How Ben remembers everything about her and what she says. Lilah's willingness to let Ben go so he can have a better future.

the year that is written about is filled with love, misadventures, self discovery and fun. This is a wonderfully touching book and one that will have you rooting for these two great characters.

Kim says

Initial thoughts:

I have the worst book hangover after this one. I can't even think of starting another book because I'm just not ready to give up Lilah and Ben.

Full review to come next week as part of the blog tour for this book!

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Find this review and more on my blog...

I am going to try to get through this review without gushing too much. "Try" being the operative word. I promise nothing. =)

***"I, Lilah McCannon, aged twenty-five, have just run away from home. I am trying not to think about it too much. Every time I do, I start to hyperventilate with that hitched breathing that precedes a full-scale panic attack."***

When this book begins, Lilah is in the midst of living a life she wants no part of. She is engaged to a perfectly nice (and boring) man. Her future has never been her own choice. She makes the decision to take

back her life. At 25, she's going to head to college (university in the UK) and live according to four rules:

1. No alcohol.
2. No cigarettes.
3. No boys.
4. No going home.

Needless to say, the rules are broken... at least the first three... within her first couple days at Roehampton University. What kind of story would there have been if they hadn't been broken?

***"If I am going to get through this and be a stronger, more grown-up person for it, then I need to not melt into a puddle every time he looks at me. I wonder if they still make chastity belts and if they do where I can get one."***

At her first event at university, Lilah meets Ben. He's tall and hot with dark hair and blue eyes. He's the lead singer of a band. Their attraction is immediate and despite the fact that she's with someone else, they wind up kissing. Quite a bit. Life gets interesting when she wakes up and learns that they live in the same flat. As they begin to build a friendship, their mutual attraction and sexual chemistry tempts them. I don't typically condone cheating in books, but the relationship between Lilah and John was strained and, well, I can't blame her for snogging Ben. I'd do the same if given the chance. ;)

***"I don't know how to be with you now." He tenses next to me, and I continue. "But I also don't know how to be without you."***

Lilah definitely didn't know who she was or what she wanted when she got to university. She was incredibly immature at the beginning of the book and I'm quite pleased with the way she grew during this book. Each experience, whether with Ben, her family or her friends, shaped her. She took initiative to make changes she found necessary for her growth. I applaud her for that. I still wanted to shake her for being so blind with regards to Ben; for not speaking up and saying what she wanted from him. Ben wasn't perfect, but he was pretty damn close. He was sweet, caring, thoughtful, real, sexy and honest. He's totally my new favorite book boyfriend. While the book was told solely from Lilah's perspective, I still feel like I connected with Ben just as much as I did with her. I understood the motivations for his actions and I could feel the strength of his feelings for Lilah, despite never once being in his head.

***"You and Ben are the only people who believe you are just friends. Everyone else knows that you are a minefield of hopeless sexual tension and lingering brooding looks."***

One of my favorite things about this book was the humor. I love British humor. This book is filled with it. It left me laughing out loud... and speaking British slang for days. The other two primary characters, Meredith and Tristan, were fantastic, complex characters as well. They were too cute together. The writing was beautiful and absolutely charming. I devoured this book. I also stayed up way past my bedtime to finish it because I couldn't even consider going to bed without finding out what happened to Lilah and Ben, two of my new favorite characters ever.

***"So why do you love me?" Ben asks as he nibbles along my ear and jaw, making me squirm and not at all in a bad way.***

***"Because it's as easy as breathing and feels like the most natural thing in the world."***

Lilah and Ben's relationship wasn't easy, but it was natural. It was right and powerful. Their interactions left me swooning and smiling. (Yes, and more than a little teary-eyed at times.) When one of them was hurting, I hurt too. I connected deeply with these characters and they took me through a full range of emotions. I felt a personal connection to the characters because they reminded me more than a little bit of a relationship I had in college. That might explain some of the tears. ;)

***"I hope that Ben remembers all these perfect moments for the rest of his life. I know that I am going to remember them for all of mine."***

This book is all about the characters and the journey they travel – both separately and together. It's about the bumps and crossroads they run into along the way and the choices they have to make. I'm not going to spoil any of that for you. You want to experience it all for yourself. Anna Bloom does such a fantastic job of transporting the reader into Lilah and Ben's lives that it feels like you're living each day with them.

Anna Bloom writes fantastic characters. I absolutely adored both Lilah and Ben – when I wasn't considering strangling Lilah for being so dense, that is. While they fell in love with each other, I fell in love with them. It's been a long time since I read a book with characters that left me with as much of a book hangover as this one did. It was literally days before I could even consider letting go of these characters. I still haven't given them up entirely. I can't wait for the next chapter in their story. I officially have a new favorite author for the auto-buy list.

*I received this book from the author in exchange for an honest review.*

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## **Laura Nelson (Tangents and Tissues) says**

\*\*\*\*\*5 star-read\*\*\*\*\*

Lilah McCannon is at a crossroads in her life. Continue on her current path and sleepwalk through her life accommodating others or take the plunge and start living her life for herself! It's a brave decision to leave a secure job at twenty-five and enrol in university, but it's the first step in Lilah finding out what she really wants from life.

The Art of Letting Go is told through Lilah's journal and is full of heartfelt emotion and her witty, at times sarcastic, humour. The author had an uncanny ability to bring this story vividly to life for me, and I found the fact it was set in the UK refreshing. I could definitely envisage myself having a small sherry with Lilah lol!

“He is my favourite book.”

What Lilah doesn't expect on this journey is to fall head over heels in love with a fellow mature student, Ben Chambers. Tall, dark and blue-eyed Ben just also happens to be the lead singer in local band, Sound Box, who are on the cusp of great things. Loving him might mean learning the greatest lesson of them all; the art of letting go.

“Be brave with me, Lilah.”

I could kick myself that I haven't come across this hidden gem before. To say I loved it is an understatement. To make me snort/giggle, smile, get angry and cry all in one book is a winner for me!!

And Ben, oh jeez, he is such a gentleman in the way he treats Lilah. Is he perfect? No, but the way he treasures her and atones for his mistakes make him a noteworthy BBF in my eyes. There is this one scene where he sings a specific song to her, and, I jest not, my ovaries literally exploded.

Now someone get me book 2 stat so my world can tilt back on its axis!

Note: Copy kindly received from author in exchange for honest review.

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## **Jessica says**

A lot can happen in the course of a year and Anna Bloom's *THE ART OF LETTING GO* shows us exactly what happens when a twenty-five year old decides to enroll at university for the first time and gives up the life she's settled for.

Narration is first person and Lilah is an engaging narrator. You'll easily fall in love with her and want to be her friend. *THE ART OF LETTING GO* is written in a form of a diary, but doesn't read like one. Bloom has a talent for combining humor and sarcasm throughout the narrative. *THE ART OF LETTING GO* is everything I've been wanting in a New Adult novel. Often times, New Adult authors get lost in the amount of required bedroom action and forget that New Adult is about finding yourself. Sure, sex is part of that, but there's so much more from your first rented apartment to navigating adulthood and paying bills. Here Bloom gives us Lilah who is stumbling through life and we can associate with her mistakes. How many of us have put a limit on the amount of drinking we're planning to do or going out with that cute guy when we've sworn off men? There's a piece of Lilah in everyone of us and that's what makes her so lovable. At times, Lilah does come off younger than her twenty-five years, but she was forced to grow up too quickly. University gives her the chance to let her hair down, try new things, and be the girl she lost along the way.

We have good character development and I feel like I got to know each person Lilah comes into contact with personally. There's one exception and that's Lilah's ex-fiancé, John. I wish we had more scenes with him and what made him the toad he appears to be. Lilah becomes close friends with two university girls: Meredith and Jayne. I liked Meredith and she was the voice of reason when Lilah's life became complicated. We don't spend much time with Jayne, but she's part of the group outings. Of course we have to have a yummy hero and oh boy, is Ben everything you want him to be! I won't go into detail regarding him because I don't want to spoil how great he is. We have a few secondary characters who also play a role including Lilah's twin brother, Tristan. I'm glad our first introduction to him was via Lilah's thoughts and I really enjoyed the process of getting to know him.

What I loved about *THE ART OF LETTING GO* ? Bloom captures the university culture perfectly and it brought back memories of when I did my postgrad degree in Glasgow. If you've ever lived in a residence hall or spent hours toiling away at the library, you'll quickly remember your life as a student. Overall, I just freaking adored this book! I haven't laughed so much in long time and it's one of my favorites of the year.

If I can take a moment to discuss the use of spelling: it is British. Bloom does use a lot of Britishisms, but nothing that will turn off readers. Also there are a few situations in which US readers might not find believable. For example, there's talk of Lilah and friends going to a bar on campus and while most US

universities are dry campuses there are a few with on-campus bars. The whole notion of a bar on campus was a foreign concept to me until I attended Glasgow University.

Anna Bloom's *THE ART OF LETTING GO* is a brilliant debut and a must read for any fan of Bridget Jones or *New Adult*. I can't wait to get Ben's narrative on spending Christmas with Lilah. Anna Bloom is an author to watch.

This review and more are posted at [Literary](#), etc.

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### **Karla Mae (Reads and Thoughts) says**

I always find myself excited when I get to read books that are set in countries other than the states and I was surprised and excited to know that *The Art Of Letting Go* was set in London. I love the English feel and the whole British humor that accompanied the whole story.

*The Art of Letting Go's* story was not over dramatic as typical of any NA story. There are no crazy, traumatic and awful stuffs, angst is not that present. It was all about going to college and starting life again independently but it was sure filled with crazy drinking, foolish decisions and awful actions.

*Lilah McCannon, aged twenty-five have just ran-away from home.*

This is one crazy book! It follows the freshman life of Lilah McCannon at the University – with all its ups and downs and other extraordinary happening. I'm pretty sure you guys know who Bridget Jones is right? Well, Lilah could be the long lost sister of Bridget Jones with all her personal and guy dilemmas and continuous self talk.

Lilah was an okay character. Her will and humor was greatly mixed but it was also unavoidable to feel a bit frustrated with her – she's twenty-five year old yet most of the time she acts so immature – drowning her in liquor and clearly not wanted to make up her mind. But her humor gets me most of the time – especially her daily Taylor Swift Life Soundtrack. I like her honesty with her journal inputs (*February 18th so far was my favorite*).

She's older than the typical NA character and even though I find it a bit awkward that she was hanging out with eighteen year old students, it doesn't feel all as awkward at all as the story progress. It seems like she grows up and learned more with younger people surrounding her.

Ben is the guy who's a great match for Lilah. He's a musician and an overall good guy. I couldn't say anything about his dedication with Lilah but I find myself craving more of a background from him. I wanted to hear his side of the story from the first moment he met Lilah.

Lilah and Ben has a very rocky start plus there is a lot and endless back and forth between these two but you know there is this feel that you wanted them to end up with one another. The ending was pretty suited for the two but it was not the kind of ending that I was hoping for – yes I expected it to end that way but I was hoping it would go to the path my mind was thinking.

In all, it was a good read. If you want to enjoy endless amount of British Humor pick this one up. Will definitely look forward for Lila's upcoming year at the Uni.

**\*Full Blog Tour deets posted at Reads and Thoughts.\***

**\*Copy kindly provided for review.\***

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