 Book Talk   
 By Henry Nguyen  
<https://www.barnesandnoble.com/w/history-is-all-you-left-me-adam-silvera/1123717619#/>|  
  
  
  
 **Author:** Adam Silvera, the writer of *History of All You Left Me*, was born and raised in New York. He first started as a book seller then shifted into children's publishing. Silvera worked as a community manager at a literary development company and has also become a book reviewer of children's and young adult novels. They way he formed his novels was through fan fiction. He would write fanfiction on Harry Potter, Supernatural, and any story that is based on magic. He also wrote books such as *They Both Die at the End, More Happy Than Not, and What If It's Us.***Sources:**[**https://www.harpercollins.com/author/cr-127492/adam-silvera/**](https://www.harpercollins.com/author/cr-127492/adam-silvera/)[**http://www.adamsilvera.com/about-1**](http://www.adamsilvera.com/about-1)[**https://www.youtube.com/watch?v=mHzAIS-KNbU**](https://www.youtube.com/watch?v=mHzAIS-KNbU) **Story Summary:** History is All You Left Me, by Adam Silvera, is a story that nosedives into the feeling of despair and what it means to have your heart ripped into two. Griffin, is a 17 year old boy that tells the story of how he lost the love of his life, Theo. An accident that has befallen on Theo separates him from Griffin, in which shifts Griffin's life into a downward spiral. The story shifts between the lovers past and present. This connects the history of the two to the present and we discover what all is left for Griffin.  
**Important Quotes:**"You're still alive in alternate, universes, Theo, But I love in the real world,... History is all you left me"(1).  
 Right out the gate, we get to learn the reason why our protagonist is in a state of sadness. He is attending his ex-boyfriends funeral and broken from the immediate start. The author uses the promises they made to each other to represent how broken Griffin is just like the promises. By putting the death of Theo first, the author sets up the reason why Griffin is sad and the death will be a continuing drive throughout the book. Griffin explains how he is still alive in the real world, but, in this world he and their promises are shattered. When Theo died, the only gift he gave to Griffin is their history, but to Griffin is it really a gift or a curse?  
"Theo is practically walking me through his brain, a tour of his imagination,... Anyway, we always have next Halloween"(98-99).  
 The history between the two is a cruel set up to the present because we get to see how they saw their futures together. Griffin imagined everything about Theo to be with him throughout his life and always have a "great voyage" together. When Griffin thought about his future in his past he saw Theo in it. Now he is in the present and just like Theo, Griffin's sight of the future is gone. Griffin is stuck in the past and this will constantly lead to his present being self destructive and make him blind towards his future. Theo was another part of Griffin and by losing Theo, Griffin actually lost a part of himself. He cannot help going into the past looking at both the good and bad times in order to be with Theo. Griffin is willing to stay with the memory of Theo, instead of moving on by himself.  
 "I haven't lost my love for you,... my all the way I did with you" (291).  
 The passage tells how Griffin is making a choice of what he is going to do if he moves on. He will not forget about Theo entirely, but he realizes a bit that he must let go in order for him to move on. He will always have pieces of Theo with him, but if he tries to accomplish the whole puzzle using another person's face then that just not fair for his future boyfriend. Griffin is growing throughout during the present day side of the book and we learn from this passage that he can imagine another person beside him that is not Theo. This is essential to the storyline because his history of Theo will help him grow and become a more complete person.  
**Difficulty Level:**The age range that is given for this book is 14 to 17 years old. The Lexile measure is HL820L. I can definitely agree with the age recommendations because in the story, there are many references that these young adults can understand and being above the age of 13 would negates having to ask for a parent's permission. The text is much more casual because it is coming from the thoughts of a 17 year old boy. Griffin talks casually in his thoughts and his conversations is the same as well. The only slight concerns would be the curse words and sexual text, but it is used to connect to the story.  
**Why give to teens?:** *History is all You Left Me* is niche in a way that it could help teens deal with heartbreak and long lasting trauma. As a teen a person can be much more emotional during this stage and can easily be vulnerable to trauma. Griffin's journey can help other teens out there feel as if they are not alone. They can very much put themselves into Griffin's character and have a better understanding of there trauma. Heck, maybe this book could be healing and be support for controlling trauma.  
 The book falls under the category about Death and Loss. Quite literally Griffin has to deal with the death of his lover and has to deal with the loss in his present day life. Griffin becomes lost in life and unable to look ahead because the death of Theo has stripped the idea of a future. Griffin is almost drowning in dealing with the fact that he has to move on and this is something that he must choose for himself.  
  
**Would I teach it?:** I would use this book as a recommendation when teaching a subject that relates to trauma. This book can be used as to how trauma can be dealt with and what healing can do in order to grow from the pain. This book also shines light into homosexual relationships and can help the young adult readers recieve a better understanding about homosexual relationships. This book also connects the past with the present, which makes for a much more complex read. I would use this as a lesson in connecting two different stories. One of the past and one of the present. I would explain the importance of connecting the past to the present and how one leads to the other. I would then assign project where students can choose to write a story of the past, present or future and somehow connect the two stories in order for them to support each other.