



Gym Candy

By Carl Deuker

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“Look, Mick,” he said, “you’re going to find out from somebody in the gym, so you might as well find out from me. Those supplements you’re taking? They might get you a little bigger, but just a little. If you’re after serious results, there’s other stuff that produces better results much faster, stuff that a lot of guys in the gym use.” “What other stuff?” “You know what I’m talking about—gym candy.”

Runningback Mick Johnson has dreams: dreams of cutting back, finding the hole, breaking into the open, and running free with nothing but green grass ahead. He has dreams of winning and of being the best. But football is a cruel sport. It requires power, grace, speed, quickness, and knowledge of the game. It takes luck, too. One crazy bounce can turn a likely victory into sudden defeat. What elite athlete wouldn’t look for an edge? A way to make him bigger, stronger, faster?

This novel explores the dark corners of the heart of a young football player as he struggles for success under the always glaring—and often unforgiving—stadium lights.

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Editorial Review

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Having grown up in the shadow of his father's failed NFL career, high-school football player Mick Johnson is determined not to make the same mistakes. But when he's tackled just short of the goal in a pivotal game, he decides that vitamin supplements aren't enough and begins purchasing "gym candy," or steroids, from the trainer at his local gym. His performance starts breaking records and his father couldn't be more proud, but along with gains in muscle, he suffers "roid rage," depression, and unsightly acne. When his secret finally comes out, he attempts suicide. Even after therapy, Mick is left wondering if he'll continue to be tempted by steroids. Deuker skillfully complements a sobering message with plenty of exciting on-field action and locker-room drama, while depicting Mick's emotional struggles with loneliness and insecurity as sensitively and realistically as his physical ones. Pair this solid addition to the sports fiction shelf with John Coy's *Crackback* (2005). Hubert, Jennifer

Review

"Deuker skillfully complements a sobering message with plenty of exciting on-field action...[A] solid addition to the sports fiction shelf."--Booklist, 9/1/07 Booklist, ALA

"Deuker continues his run as premier author of provocative YA sports novels...[kick] off the football season with this riveting title..." The Bulletin 9/2007

Bulletin of the Center for Children's Books

"Deuker...knows his stuff...This is a solid sports tale with a valuable message."--KLIATT September 2007
KLIATT

"[A] great addition to both school and public libraries and an eye-opening recommendation to all budding athletes."--VOYA October 2007 VOYA (Voice of Youth Advocates)

"Deuker realistically portrays the paranoia, acne, and emotional roller-coaster...of steroid use." SLJ 10/2007
School Library Journal

About the Author

Carl Deuker describes his younger self as a classic second-stringer: "I was too slow and too short for basketball; I was too small for football, a little too chicken to hang in there against the best fastballs. So, by my senior year the only sport I was still playing was golf." Combining his enthusiasm for both writing and athletics, Deuker has written many exciting, award-winning novels for young adults.

Users Review

From reader reviews:

Mary Tillman:

Nowadays reading books are more than want or need but also get a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge your information inside the book which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want have more knowledge just go with knowledge books but if you want experience happy read one along with theme for entertaining such as comic or novel. The particular Gym Candy is kind of guide which is giving the reader erratic experience.

Nicole Dilbeck:

The book Gym Candy has a lot details on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. Mcdougal makes some research prior to write this book. This specific book very easy to read you will get the point easily after scanning this book.

Jeffrey Lambert:

In this age globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended for your requirements is Gym Candy this book consist a lot of the information on the condition of this world now. This specific book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The particular writer made some study when he makes this book. Honestly, that is why this book suitable all of you.

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