



# Hold Still

*Nina LaCour*

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## **Hold Still** Nina LaCour

In the wake of her best friend Ingrid's suicide, Caitlin is left alone, struggling to find hope and answers. When she finds the journal Ingrid left behind for her, she begins a journey of understanding and broadening her horizons that leads her to new friendships and first love. Nina LaCour brings the changing seasons of Caitlin's first year without Ingrid to life with emotion, honesty, and captivating writing.

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