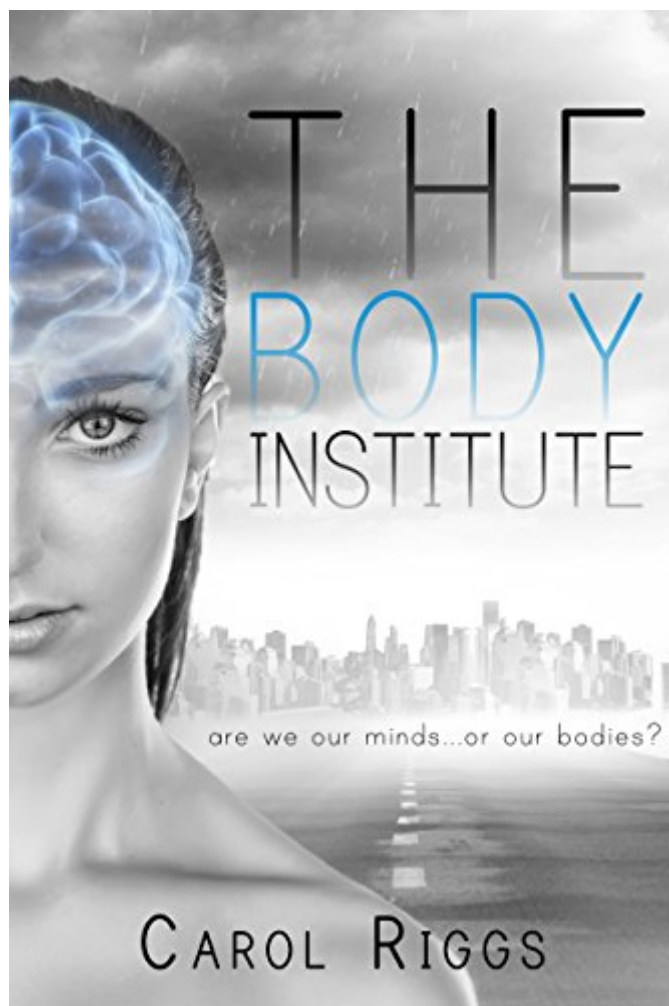


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# The Body Institute



## Synopsis

Meet Morgan Dey, one of the top teen Reducers at The Body Institute. Thanks to cutting-edge technology, Morgan can temporarily take over another girl's body, get her in shape, and then return to her own body-leaving her client slimmer, more toned, and feeling great. Only there are a few catches...For one, Morgan won't remember what happens in her "Loaner" body. Once she's done, she won't recall walks with her new friend Matt, conversations with the super-cute Reducer she's been text-flirting with, or the uneasy feeling she has that the director of The Body Institute is hiding something. Still, it's all worth it in the name of science. Until the glitches start...Suddenly, residual memories from her Loaner are cropping up in Morgan's mind. She's feeling less like herself and more like someone else. And when protests from an anti-Body Institute organization threaten her safety, she'll have to decide if being a Reducer is worth the cost of her body and soul...

## Book Information

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## Customer Reviews

The Body Institute, by Carol Riggs is a compelling read with an intriguing premise. It grapples with

body image and scientific technology gone awry. What if you could swap bodies? What if you could pay someone to enter your body and lose weight for you? Would you do it? Do our bodies affect who we are inside? Does our consciousness change with changes in our physical appearance? Carol Riggs explores all of this with her engaging characters and fast paced plot. The book shines a light on fat shaming in a way that seems eerily close to the truth in our world today. Morgan is a teen girl who needs money to keep her family out of the slums. Although she is brilliant, her application for a school grant is suspiciously denied. She discovers she will get the grant if she becomes a REDUCER and allows her brain to be uploaded into the body of a girl who is 100 pounds overweight. Morgan must lose the weight before she can be returned to her own body, but she imagines the job will be fairly easy and without lasting consequences. But when her thoughts are invaded by those of the girl she's inhabiting, will her views change. She begins to consider: "Are we our minds...or our bodies?" This book is well worth the read for anyone who enjoys sci-fi or simply enjoys a good read!

Very interesting and chilling little story! I thought this was going to be sort of a typical YA read; you know, something you read in one or two sittings and move on again, not very moved by it. It turned out to be just a tad more involved than that though, and I came away so glad that what they did at the Institute isn't actually possible! It's difficult to describe this story without giving away what goes on and what happens. Morgan thinks she's doing overweight people a good service, but she quickly gets in over her head and can't get out again. I hoped for several chapters there towards the end that her own body had been secreted away for some reason, and that she would somehow get it back again, and would get her own life back. I guess that would have ended the story too perfectly though. Very well written; Ms. Riggs did a nice job. Fictional story aside, I certainly hope our government is never allowed this level of access into our personal lives.

Riggs proposes that minds cannot be copied (as many other authors do willy-nilly). She also proposes a mind-body link that the scientists don't really know about. Normally it is such that nothing important is lost since the Reducers always return to their own bodies. But when things start to go wrong, the problems become apparent, at least to our heroine. What I didn't like, and withheld a star for, is that the novel becomes more and more dystopian and despite her best efforts and some successes, the heroine's life goes down into chaos. It's just a tad too depressing for me.

A really entertaining read. Well paced, kept me interested the whole way through. Just the right

amount of angst, baddies, goodies, over controlling government, and intrigue. A very interesting concept - that of putting someones 'brain waves' into someone else's body so that they are living for that person for a period of time. And the way it is explained it almost seems feasible, like it could actually be done. Which make the whole book even more entertaining. I read this one fast and I wish it was part of a series. Who knows maybe the author plans for it to be. I will be going to find her other books as I really enjoyed this one a lot.

Morgan Dey is a fascinating character. Her concern for her family's welfare and need for money drives her to participate in the reducing program at The Body Institute and also gives us a glimpse of her true nature. It would have been easy to lose herself in the body her mind inhabits, but she remains Morgan and works hard to find out what is really happening with the Institute. Filled with suspense, I wondered how the author would ever bring the various pieces of this mystery puzzle together, but she managed to give us a strong and satisfying ending.

This story is well-written, imaginative and thoughtful--a story about a possible dystopian future that is taking more and more control over the population. One way is to penalize families that have weight problems. I found it a scary and relatable story about teenaged Morgan, a girl who tries to help her family financially and to help overweight teens get in shape. Having her mind transferred into their bodies while hers lies in suspended animation is creepy and full of complications. This book is a definite, suspenseful page-turner with enough science to make it very believable.

The Body Institute is a fun YA Sci-Fi read that I devoured in a couple of days. The book asks some freaky and thoughtful questions: what if the government controlled people's weight? Are we defined by our looks? Are we our bodies or our minds? This is NOT a fat shaming book - in fact it is just the opposite. The story itself was a bit slow to start, with the real action picking up towards the middle of the book. This is understandable in a way, because we are introduced to Morgan's life, The Body Institute and the struggles / mystery surrounding it. I loved Carol Riggs' writing style - a great mix of concrete details with just enough poetic description. While I really enjoyed this book I wish there was a lot more world building. I found myself confused as to how things were in this future and simply longed for more insight. For example, what are these colored zones people live in? I would have liked to know more details. I was excited to read this book because I love psychology / neuroscience stuff. I was definitely surprised by the turn of events and felt really bad for the MC. I highly recommend this book if you enjoy shows like The Dollhouse and Inception.

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