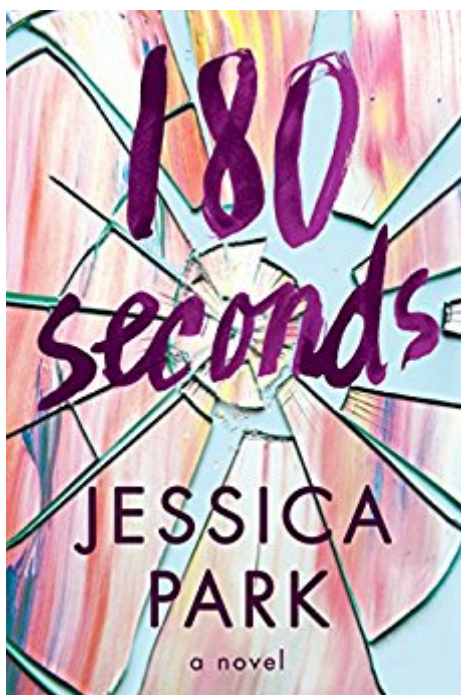


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# 180 Seconds



## Synopsis

Some people live their entire lives without changing their perspective. For Allison Dennis, all it takes is 180 seconds. After a life spent bouncing from one foster home to the next, Allison is determined to keep others at arm's length. Adopted at sixteen, she knows better than to believe in the permanence of anything. But as she begins her third year in college, she finds it increasingly difficult to disappear into the white noise pouring from her earbuds. One unsuspecting afternoon, Allison is roped into a social experiment just off campus. Suddenly, she finds herself in front of a crowd, forced to interact with a complete stranger for 180 seconds. Neither she, nor Esben Baylor, the dreamy social media star seated opposite her, is prepared for the outcome. When time is called, the intensity of the experience overwhelms Allison and Esben in a way that unnerves and electrifies them both. With a push from her oldest friend, Allison embarks on a journey to find out if what she and Esben shared is the real thing and if she can finally trust in herself, in others, and in love.

## Book Information

File Size: 4343 KB

Print Length: 302 pages

Publisher: Skyscape (April 25, 2017)

Publication Date: April 25, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01LXLTFZ

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #666 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Teen & Young Adult > Literature & Fiction > Social & Family Issues > New Experience #1 in Books > Teens > Literature & Fiction > Social & Family Issues > New Experiences #1 in Kindle Store > Kindle eBooks > Teen & Young Adult > Literature & Fiction > Social & Family Issues > Emotions & Feelings

## Customer Reviews

You know how people sometimes get tattoos of phrases from their favorite books? Well I want to get the entire text of 180 Seconds on my skin. 180 Seconds is the kind of book that after you read it, you realize how lackluster every other supposed five-star book you've ever read has been. You think you've read ugly cry books? This book had me sobbing for pages, my body heaving I was crying so hard. Jessica Park weaves magic in between the pages of everything she writes, but this book, this book made my heart bleed. "One hundred and sixty seconds. We are engaged in a form of intimacy that scares the absolute h\*ll out of me. ItÃ¢ÂÂs as if there is a weight on my chest that I want to shove off, and IÃ¢ÂÂve never been this terrified before. Or this whole and hopeful and connected. My body starts to tremble. I want more of what IÃ¢ÂÂm feeling, and I also want none of it." The catalyst for the story is similar to a video you may have seen floating around social media that featured performance artist Marina Abramovic who sat at a table one minute at a time in complete silence with total strangers. The performance takes an emotional turn when the lover that she had not seen for over 20 years shows up across from her. In Park's story, Allison is a jaded foster kid who was adopted late in life. The story starts at the beginning of her third year of college where she continues to excel at keeping everyone at a distance. Until she accidentally stumbles upon a social experiment. Esben is well known on campus and on social media as someone who finds the good in people. His friendly, open demeanor is a complete contrast to Allison's closed off nature. Walking back to campus Allison unexpectedly finds herself taking part in one of Esben's experiments - the two sit across from each other in total silence while maintaining eye contact for 180 seconds. Reading this description it may be hard to believe those 180 seconds would have such a profound effect on Allison and Esben, but Park's description of how the pair reacts to each moment will make you feel like you're the one sitting in the chair. After the experiment, Allison and Esben try to figure out what the experience meant to one another. It sounds simple, but their journey is a beautiful push and pull of letting yourself become open to the idea of love as well as the constant struggle to find the good in people. "Just say that you love me. Please. Because I am so god\*\*mn in love with you that I can hardly breathe when weÃ¢ÂÂre apart." I loved this book for so many reasons, but one of the emotional triggers for me was the ache Allison had to be loved. As someone who was adopted when she was "sixteen and a half" Allison struggles to let anyone in, including her father, Simon. The only true friend she has is Steffi, a fellow foster kid who Allison considers a sister. Besides these two people, Allison has convinced herself that she is fine without anyone else in her life and that she enjoys being alone instead of being bothered by stereotypical college idiots. As I was reading I could totally relate to Allison. I'm an introvert and I'd much rather stay at home than be invited to a party, or read a book instead of a girls night. Right? As a military

spouse, I move around so much that it's hard to make friends, but that doesn't bother me. At least I tell myself that it doesn't. As I continued on reading there is a pivotal moment in the book when Allison is faced with the decision to open herself up to making new friendships or continue isolating herself. She sits in her bed and weeps at what she has become and truthfully recognizes she doesn't want to be alone. The whole scene is maybe a page and a half, but I felt it to my core. How easy is it for us to lie or have a sarcastic comment when we see other people having fun instead of being honest and acknowledging we crave those same connections. Yes, there are times when I would truly rather sit in my pajamas on the couch and binge watch The 100 on Netflix rather than go to a bar. But there have also been many times when I've been jealous of people who seem to make friendships so easily while I sit in a restaurant alone. It's a testament to the author's writing that she can not only make you connect so deeply with the characters but that her words make you reflect on your own life. "I cannot stop the tears. 'I don't want to live like this,' I say out loud over and over through my sobbing. I cry for who I have been, who I am, and who I could be." There are so many things I loved about this book. I could honestly pick it apart and analyze it for days. There wasn't one moment I didn't fall in love with the characters or the writing. 180 Seconds is one of the best books I have ever read, and its message has resonated deeply. There isn't one person that wouldn't benefit from reading this book. It's perfect.

If an author were to have a theme song Jessica Park's would be Oops I Did It Again which is exactly what she did with this stellar read. Allison's life has been far from perfect, but things change when she joins an experiment conducted by Esben, a fellow student at her college. The result will have you swooning, crying, smiling, and more. As she's done with previous works Jessica has created characters that'll stay with you long after you've read the book. In fact the entire story will stay with you. I highly recommend this book.

This is not the typical type of book that I read. I was getting a little bored and frustrated with the same type of books and decided to delve into something a little different. At first I thought this was going to be a romance novel with a few darker emotions involved but I feel like it was so much more than that. I can't think of a book that has ever pulled me in so deeply with the main character. It was an amazing journey, reading this book. As soon as I felt a drag in the story I would become absorbed all over again. I feel this book touches on so many real life situations and even brings awareness to things you may never have considered or thought too deeply about. This story definitely made me tear up on a few occasions and I am thoroughly glad that I read it.

I adore every word this author writes. She has a style that just inspires the reader off of the pages. Her characters feel real and raw. No one is better at penning quirky characters that are so easy to relate to you want to be best friends with them in real life. Her words include a beauty and a grace that is not found between the pages of many of the books in today's market. Park doesn't just write a novel or a book; she writes literature. She weaves a story of goodness that's relevant to today's society...a story that I would be proud to share with my daughter. Her words evoke more than just butterflies. Jessica Park writes unicorns of the book world. But most importantly, her writing conjures a much needed hope we all deserve to read in such a weary world.

I totally teared up reading this. And I \*never\* cry, at least not for fictional stories. What a wonderful book! I have not yet met a Jessica Park novel I haven't liked, but this takes the cake. Strong yet vulnerable heroine meets the sweetest hero in any book I've read. Seriously. Esben is perfect for Allison. And I love that we get to see her figure out that she is perfect for him, too. This book isn't about him saving her from her issues but rather them saving each other, being there for each other in their worst moments, and helping each other change and grow. A great romance, and an overall great storyline.

I stayed up 3 hours after my bedtime to finish reading this. I tried to post this review 3X but my kindle was acting funny so hopefully this won't post three times. And there will be a slight SPOILER/reference. My sobbing woke up my husband. I'm a Leukemia survivor and have a best friend named Stephie and I was ugly crying for a long time. I don't think this book started out hooking me in, but I realized quickly that I absolutely loved this book and the characters and I really want to hug them all. I keep wondering what ever happened with Christian though?? Anyway, this book moved very quickly which I liked. And the characters were easy to fall in love with.

It took me a little while to get into this book & I was a little concerned I wasn't going to be able to read through it as fast as I normally do with books that I enjoy. It was a bit slow in the beginning but once I found myself about half way, I was really involved with the characters. I absolutely fell in love with Simon, Allison's father & her best friend Steffi. The end of the book had me balling my eyes out, I had to stop & get tissues & text my best friends to tell them how much I love & adore them. I don't want to spoil anything, so that's all I am saying. It was a good book overall & had a good message, just wish the beginning was better. I would recommend it.

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