

# The Breathing Series By Rebecca Donovan



**The Breathing Series by Rebecca Donovan** is a compelling collection of young adult novels that delves deep into the complexities of love, trauma, and the quest for personal freedom. With its rich character development and emotional depth, the series has garnered a dedicated following and continues to resonate with readers. This article will explore the themes, characters, and impact of the Breathing Series, providing a comprehensive overview for both new readers and long-time fans.

## Overview of the Breathing Series

The Breathing Series consists of three main novels:

1. Reason to Breathe (2012)
2. Barely Breathing (2013)
3. Out of Breath (2014)

This trilogy follows the life of Emma Thomas, a high school senior who grapples with a tumultuous home life and the struggles that come with it. Each book unravels layers of her story, showcasing her journey towards self-

discovery and healing.

## **Plot Summary**

### **1. Reason to Breathe**

The first installment introduces Emma Thomas, who lives in a suffocating environment dominated by her abusive stepfather. As Emma navigates her life, she finds solace in her friendship with the charming and protective Evan Gallagher. Their relationship evolves as Emma learns to confront her trauma and opens up to love for the first time. The novel explores themes of resilience, fear, and the importance of support systems.

### **2. Barely Breathing**

In the sequel, Emma is forced to confront the fallout from her choices in the first book. The emotional stakes are raised as she deals with the consequences of her past actions. Evan and Emma's relationship is put to the test, and readers witness the internal and external conflicts that arise from Emma's struggle for independence and her longing for a normal life. This book deepens the exploration of trust, betrayal, and the challenge of moving forward.

### **3. Out of Breath**

The final book in the series sees Emma as she strives to reclaim her life fully. With her past haunting her, she faces new challenges that force her to confront her fears head-on. The overarching theme of healing comes to fruition as Emma works to find her own identity separate from her traumatic experiences. The resolution of her relationships with Evan and her family provides a satisfying conclusion to her journey.

## **Character Development**

One of the most notable strengths of the Breathing Series is its rich character development. Each character is multi-dimensional, with their own struggles and growth arcs.

## **Emma Thomas**

Emma is a complex protagonist who embodies resilience and vulnerability. Throughout the series, she evolves from a fearful girl trapped in an abusive situation to a strong young woman who learns to advocate for herself. Her journey is relatable, as many readers may see reflections of their own struggles in her character.

## **Evan Gallagher**

Evan serves as both a love interest and a source of strength for Emma. His character is initially portrayed as the quintessential "boy next door," but as the series progresses, his own vulnerabilities are revealed. Evan's unwavering support and love for Emma highlight the importance of healthy relationships in overcoming trauma.

## **Supporting Characters**

The supporting characters, such as Emma's friends and her family, play crucial roles in her development. They provide essential context and depth to Emma's journey, showcasing various responses to trauma and the importance of community. The series also highlights how friendships can serve as lifelines in times of crisis.

## **Themes Explored in the Series**

The Breathing Series tackles several profound themes that resonate with readers:

### **1. Trauma and Healing**

At its core, the series is a poignant exploration of trauma and the healing process. Emma's experiences reflect the harsh realities many face, and the story offers a message of hope and recovery. The portrayal of Emma's journey emphasizes that healing is not linear but rather a complex and often tumultuous process.

### **2. Love and Support**

The series underscores the significance of love and support in overcoming

adversity. Emma's relationship with Evan illustrates how love can be a powerful motivator for change. The importance of friendship, loyalty, and understanding is also highlighted, showcasing how connections can aid in the healing journey.

### **3. Identity and Self-Discovery**

Emma's journey is also one of self-discovery. As she navigates her relationships and confronts her past, she learns to define herself outside of her trauma. This theme resonates with many young adults who are also in the process of figuring out their identities and finding their places in the world.

## **Impact and Reception**

Since its release, the Breathing Series has received positive reviews from readers and critics alike. Many appreciate Donovan's ability to tackle difficult subject matter with sensitivity and authenticity. The series has sparked discussions about mental health, the impacts of abuse, and the importance of support systems.

## **Reader Engagement**

The series has cultivated a passionate fan base, with readers often sharing their personal experiences and emotions related to the story. Online communities and book clubs have formed around the series, providing a space for discussion and connection. Readers have praised Donovan's writing for its emotional depth and relatability, often expressing how the series has impacted their lives.

## **Critique and Analysis**

While the series has been widely praised, some critiques focus on the pacing of the narrative and certain plot developments that some readers found predictable. However, these critiques are often overshadowed by the overall emotional resonance and character growth that the series offers. Donovan's authentic portrayal of difficult issues is often cited as a major strength, making the series a significant contribution to the young adult genre.

# Conclusion

In conclusion, The Breathing Series by Rebecca Donovan is a powerful exploration of love, trauma, and the journey towards self-acceptance. Through the eyes of Emma Thomas, readers are taken on an emotional journey that highlights the importance of resilience and support. The series not only captivates with its engaging narrative and well-developed characters but also serves as a source of inspiration for those facing their own challenges. With its themes of healing, love, and self-discovery, the Breathing Series remains a poignant and relevant work in contemporary young adult literature. Whether you're a long-time fan or a newcomer, this series is undoubtedly worth the read.

## Frequently Asked Questions

### **What is the main theme of 'The Breathing Series' by Rebecca Donovan?**

The main theme of 'The Breathing Series' revolves around overcoming trauma, the complexities of relationships, and the journey towards self-acceptance and healing.

### **Who is the protagonist of 'The Breathing Series'?**

The protagonist of 'The Breathing Series' is Emma Thomas, a young woman navigating her struggles with her past and her relationships.

### **How does the series explore mental health issues?**

The series delves into mental health by portraying Emma's emotional struggles, the impact of her traumatic experiences, and her path to recovery, highlighting the importance of seeking help.

### **What is the significance of the title 'The Breathing Series'?**

The title 'The Breathing Series' signifies the importance of finding peace and the act of breathing as a metaphor for gaining control over one's life and emotions.

### **Are the books in 'The Breathing Series' interconnected?**

Yes, the books in 'The Breathing Series' are interconnected, following Emma's journey and the evolution of her relationships across the trilogy.

## What are the titles of the books in 'The Breathing Series'?

The titles of the books in 'The Breathing Series' are 'Reason to Breathe', 'Barely Breathing', and 'Out of Breath'.

## Is 'The Breathing Series' suitable for young adult readers?

Yes, 'The Breathing Series' is suitable for young adult readers, though it addresses mature themes such as abuse, mental health, and emotional trauma.

## How has 'The Breathing Series' impacted its readers?

Many readers have reported that 'The Breathing Series' has had a profound impact on them, providing comfort, relatability, and inspiration in dealing with their own struggles.

## What writing style does Rebecca Donovan use in 'The Breathing Series'?

Rebecca Donovan employs a first-person narrative style in 'The Breathing Series', allowing readers to deeply connect with Emma's thoughts and feelings.

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