


# HISTORY IS ALL YOU LEFT ME



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SMALL HEARTBREAKS OF LOVE AND LOSS AND GRIEF."

— NICOLA YOON, #1 *NEW YORK TIMES*

BESTSELLING AUTHOR OF *EVERYTHING, EVERYTHING*



*NEW YORK TIMES* BESTSELLING AUTHOR OF *MORE HAPPY THAN NOT*

# ADAM SILVERA



**"I MEAN IT: PROMISE ME."**

**"I PROMISE YOU: I'LL NEVER DIE."**

FROM THE *NEW YORK TIMES* BESTSELLING AUTHOR OF  
*MORE HAPPY THAN NOT* COMES AN EXPLOSIVE EXAMINATION  
OF GRIEF, MENTAL ILLNESS, THE REASONS WE DON'T LET GO  
OF THE PAST—AND THE CONSEQUENCES OF DOING SO.

Praise for

## **HISTORY IS ALL YOU LEFT ME**

"Adam Silvera is a master at capturing the infinite small heartbreaks of love and loss and grief. *History Is All You Left Me* is a beautiful meditation on what it means to survive devastating loss. This book will make you cry, think, and then cry some more."

—Nicola Yoon, #1 *New York Times* bestselling author of *Everything, Everything*

"Silvera's splendid sophomore novel is filled with tantalizing questions about lies and honesty, love and loss, and past and present... beautifully realized, character-driven work of literary fiction... In those questions, they will find an unsparing honesty that brings closure to the novel and to Griffin's quest to let go of the past and embrace the future."

—*Booklist*, Starred Review

"*History Is All You Left Me* overflows with tenderness and heartache. Even when its hero is screwing up royally, maybe especially then, Silvera's humanity and compassion carve out a space where it's not the falling that's important, it's how you pick yourself back up. There isn't a teenager alive who won't find their heart described perfectly on these pages."

—Patrick Ness, *New York Times* bestselling author of *The Rest of Us Just Live Here* and *A Monster Calls*

"Sweetly devastating, passionately honest, and breathtakingly human.

Only Adam Silvera could have written this story."

—Becky Albertalli, National Book Award nominee and award-winning author of *Simon vs. the Homo Sapiens Agenda*



# ABOUT THE AUTHOR

Adam Silvera was born and raised in the Bronx. He has worked in the publishing industry as a children's bookseller, marketing assistant at a literary development company, and book reviewer of children's and young adult novels. His debut novel, *More Happy Than Not*, received multiple starred reviews and is a *New York Times* bestseller, and Adam was selected as a *Publishers Weekly* Flying Start. He writes full-time in New York City and is tall for no reason.



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# DEAR READER,

Years ago I met my first serious boyfriend—another author, before I was one myself—at a book event. We'd had some social media exchanges and hit it off in person, hanging out on the streets of rainy New York until morning. But he didn't live in New York. We stayed in contact daily and it wasn't long before I was ready to move out of the city I had called home my entire life to be with him. I came out to my mother and the rest of my family, packed an extremely large suitcase, got on a train, and left home. All was well for months with my then-boyfriend until I returned home for professional reasons. The relationship was long distance again, and what was once a source of happiness was growing into one of frustration for not physically being with one another. I ended things before it could turn ugly and knew we'd be better as best friends. I trusted we'd one day find our way back to each other.

Until he met someone else in a new city.

Watching my first boyfriend fall in love with someone else left me in this long state of brokenness because even though I wanted happiness for him, I wanted him to find that in me. I became insufferable with my jealousy and insecurities, and suffered through hopelessness and strong suicidal urges (not the first time in my life or the last). One day he called to tell me he and his boyfriend almost drowned at the beach, and from then on, my already fragile state exploded into extreme paranoia that there was a chance I'd lose him forever, that I'd lose him before I could tell him I still loved him without interfering with his own relationship. After a dinner in New York with my ex and his boyfriend—who'd slowly become a friend of mine—I was feeling hopeful again after I finally accepted the pair were a much better match than we ever were together. Maybe I wasn't screwed on finding my equal either. It wasn't exactly a happily ever after for me, but it was a promising new beginning.





This is where *History Is All You Left Me* comes into play. Much like my debut novel, *More Happy Than Not*, which was also very personal, I wrote *History* for personal therapy. But there was a twist in Griffin's narrative. His boyfriend, Theo, didn't simply move on—he drowned. The very thing I worried was going to happen to my ex back when I still loved him. I've always viewed death as the ultimate form of abandonment. A runaway can always come back home, but no one can come back to life.

This story is about the unlikely friendship between two boys grieving the same first love. But before they can reinvent their future, they have to confront their histories. And in Griffin's case, his biggest roadblock is himself. But the new beginning will be worth it.

Happy reading,

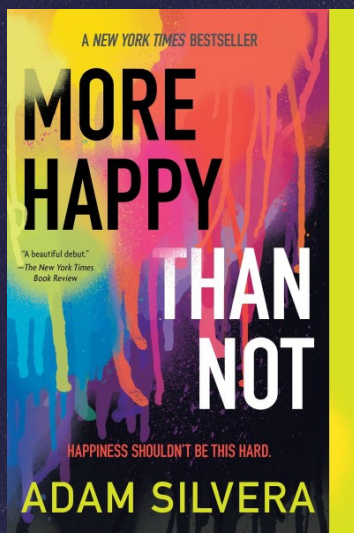
**ADAM SILVERA**

## BOOK GROUP QUESTIONS

- Why do you think Griffin and Jackson are so immediately drawn to each other? Would they be friends—much less more than friends—if Theo hadn't died?
- When a break up occurs, what's the best way to move on? Reliving the history, as Griffin does, or forgetting the past? Is the latter possible for Griffin? For anyone?
- How does Griffin's OCD manifest, and what are the misconceptions that surround that condition? Were you surprised at how this played out in the book?
- Griffin says "I'm not a big fan of secrets. Secrets can turn people into liars..." Do you agree? Or are secrets more often a way of keeping safe the ones we love? What are some examples of each kind in the book?
- Liking flowers: manly or not manly?
- Relationships, houses, and futures, among other things, are all described in the book as being completed or notably incomplete puzzles. What do you think is the significance of this recurring image?
- So often in novels, particularly young adult novels, absent or negligent parents are a part of the plot. How does it change the novel that Griffin and Theo's parents are all together and fairly happily married? Does it detract in any way that they're so involved in Griffin's grief?
- Would you have broken up with Theo when he left? Why? Why not? Did Griffin do the right thing?



**SILVERA'S** twisty, gritty, profoundly moving *New York Times* bestselling-debut—also called “mandatory reading” and selected as an Editors’ Choice by the *New York Times*—brings to life a charged, dangerous near-future summer in the Bronx. Now available in paperback and hardcover, as well as wherever ebooks are sold.



“Silvera managed to leave me smiling after totally breaking my heart. Unforgettable.”

—Becky Albertalli, author of *Simon vs. The Homo Sapiens Agenda*

“Adam Silvera explores the inner workings of a painful world and he delivers this with heartfelt honesty and a courageous, confident hand . . . A mesmerizing, unforgettable tour de force.”

—John Corey Whaley, National Book Award finalist and author of *Where Things Come Back* and *Noggin*

A *New York Times* Bestseller

A *New York Times* Editors’ Choice

A *Paste Magazine* #1 Young Adult Book of 2015

A *Booklist* Best First Novel of 2015 and a  
*Booklist* Editors’ Choice of 2015

A *Kirkus* Best Teen Book of 2015

An ABA Indie Next Selection

An Amazon Best Young Adult of 2015

A *Refinery29* Best Diverse Young Adult Book

A *Popsugar.com* Best of 2015

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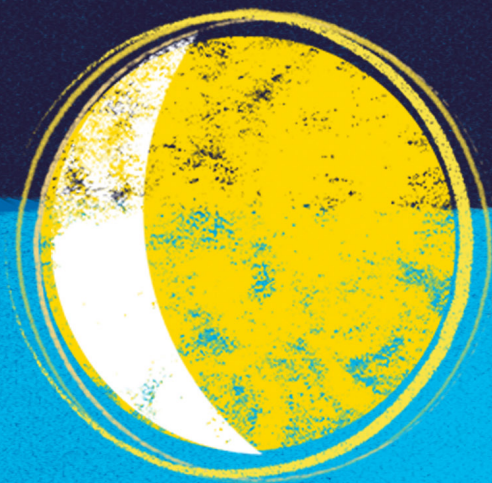
A New York Public Library  
Top 10 Young Adult Novels of 2015

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