

APPENDIX I SUMMARY OF THE NOVEL

How It Feels To Float is a novel by Helena Fox that tells about the life of Elizabeth Martin Grey who is often called Biz after her father died. Her father died when she was six and almost turns into seven years old. The death of her father made her so devastated and desperated. Her prolonged sadness turned into depression. She became a moody and gloomy girl who was no longer enthusiastic about anything in her life. Her deep grief and depression caused her to have delusions, so she was often saw her father in various forms. Her subconscious mind represented her father who had died in the form of smoke, fog and floating shadows.

The culmination of her grief, sadness and depression occurred when she became a seventeen-year-old teenage girl. In other words, she suffered delusional disorder for almost ten years after her father died although she was not diagnosed outright when she was seven years ago. Her father's shadow appeared to remind her of events from her childhood, to talk to her when she felt out of control, to stand by her in many ways, but it only made her delusions worse. She became convinced of things that weren't real, she tried to find her father who she believed was still alive in another dimension. After an incident further triggered her delusions, her life began to unravel.

Elizabeth was lazy to attended school and it made her to drop out before going on a literal and metaphorical journey to better understand her father. She did not tell anyone else about what she felt and experienced because she thought that no one understood her other than her Dad. She closed herself off from everyone; her mother, her best friend Grace, her new friend Jasper, and the twin half-sisters. She was not open girl anymore, but she still made friends to pay attention to those around her. She was going through a search for her identity and her sexuality when she accidentally kissed Grace, her best friend.

She felt nothing and find out that she liked Grace much more like sisters. Moreover, she felt desperate when Grace had to be sent away to the country by her parents. Grace should move because she was dumped by her boyfriend and has problems with her group of friends. Elizabeth fell to pieces when Graces stopped communicating with her. Elizabeth felt flat or underdeveloped, and found herself unreliable and often foggy. Her delusional disorder stole the color from her normal life and left only a deep gray hue. She was cannot control the darkness that descends on her.

The effects of Elizabeth's condition caused her to think about hurting herself and her desire to end her life so she could be reunited with her Dad. She saved many memories of the beach and sea when her father was alive. She felt the sea calling her to dissolve her grief with the memories of her father. Her delusion said that by sea and by the beach was the way out to her father. She was saved by Jasper, a new boy in class, when she attempted to throw herself into the sea. She was sensed that at least someone cared about her. Her Mum felt something was wrong with her child and she took Elizabeth to see a psychologist named Bridgit.

She received a series of treatments in the form of counseling sessions, complete with therapy and meditation. She got breathing exercise, meditation session and she wrote poems as her self-therapy. She also encouraged to take photography courses to fulfilled her mind and distracted her grief. But she still felt like she was floating in an area where no one could reach her. Her savior came in the form of Sylvia, 83, who was in her photography class. In photography class, she learnt many things. She learnt how to take good photos with consider exposure, light, brightness and color. Through her photography class, she learnt to expresses herself through a picture and photo.

She felt excited and lived again when she got her new camera. But in the middle of her healing process, she felt stuck and lost anymore. She was decided to goes to where her father lived, and recreated her life, and she thought it will bring her back to him. She increasingly wanted to feel fly and float in the air like her father. Elizabeth and Jasper walked through town and ended up coming home with the same feelings but slightly changed her views and expectations about her father's death. She did not tell about the things she experienced and found when she ran away with Jasper to anyone even on her psychologist.

However, Elizabeth thought with different perspective, she realized that if something were taken away from us, God would replace it with the same things but in better version. Since her Mum decided took her daughter to psychiatrist, she was diagnosed with complex issues and she received several medications. Elizabeth received some sedatives and mood stabilizers. She felt exhausted to find something that not exist, so she determined to took medicine and comply with all kinds of treatment so that she would be better in the future. Her therapy and treatment were fully supported by the people around her. Suddenly, deepest on her heart, she thought that should focus on what she still had rather than what she had left. All of these journeys were important to helped her growing up process, included her grief and acceptance process in life.

APPENDIX II

BIOGRAPHY OF THE AUTHOR

Helena Fox, an Australian novelist. She lived by the sea in on Dharawal Country in Wollongong, Australia. *How it feels to float* is her debut novel which won several awards in Australia. This youth psychology-themed novel won the Prime Minister's Literary Award for Young Adult Literature and the Victorian Premier's Literary Award for Writing for Young Adults in Australia, and was a Kirkus Best Book of the Year and Chicago Public Library Best Book of the Year in the U.S. In the U.S, she also a graduated of the MFA Program for Writers at Warren Wilson College and she was such a soft and gentle woman that love child and teenager.

Helena Fox also put a lot of care for mental health issues in her masterpieces. Apart of being a writer, Helene also a poet and mentor for a community of young writers and she currently ran writing workshops to support mental health. She worked with several publishers such as Penguin Random House, and Pan Macmillan. Throughout her life, she traveled to various corners to find inspiration for her writing like living in Peru, Spain, the U.K, Samoa, and the US. Finally, Helena Fox set herself as a mentor writer for young people in developing the ideas they get. She worked in mentoring young people for fourteen years, running many creative workshops in person, in schools, and at the South Coast Writers Center of Australia. She also a teacher in film and journalism classes at Stanford Academy, California, US for a year during 2000.

In 2023, her second novel entitled *The Quiet and the Loud* have been published in Australia, USA, Canada and New Zealand. Helena's poetry also published in the anthologies *Admissions—Voices Within Mental Health* and *Red Room Poetry*. Some of Helena Fox's works were inspired by a number of legendary novelists. The first writer who inspired her when she was seven years old was Lewis Carroll. She got that book as her birthday presents. The first thing that caught her attention in literature in this novel was the story of impossible and marvelous things. Moreover, she was interested in the world of writing until she was an adult. Her imagination played and grew with Carroll's works that were loved by her family.

Helena Fox previously studied law and intended to become a lawyer, but she fled to the U.S. before she finished her studies to study creative writing. In the US, she took Norton's anthology of short fiction class and met many outstanding authors such as Flannery O'Connor, Donald Barthelme and Eudora Welty, along with a host of other greats. She learned to dissect those stories and the understanding that began

to grow within her of characters, settings, plots, and voice. Therefore, from this brilliant collection, the author side of Helena Fox emerged, grew and developed. Apart from writers with legendary works such as Lewis Carroll, Helena Fox also liked *Tender Morsels* by Australian writer Margo Lanagan. Her work provided some of the richest reading experiences that also inspired her to write. Helena's touching novels were created because of her soft heart. She cried at the last chapter and walked through the cold Melbourne streets to cool off after reading *Tender Morsels*. She also liked the novel *Snow-white and Rose-red* by the Brothers Grimm.

From of the many authors and novelists who inspired her, Helena Fox chose a work that she would last forever love, namely *Lanny*, a novel by Max Porter, which composed in a unique and beautiful language. She loved it because of this work that Helena like stories that focused on structure, wobble reality, and reach for new ways to speak that influence the plots of the novels she writes. This made her think that life was not only black or white, there are always gray in between, as well as any other color as an unexpected thing in the journey of life. After a long and time-consuming search for identity and experience, Helena Fox always tried to present the best story in every word she writes. Her masterpieces always of high quality and value, even though it's packaged in a simple and easy way to digest.