



Fight or Flight

Jamie Canosa

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Be smart.

Keep your head down.

And look out for number one.

These are the rules Jay has lived by for the past two years. The rules of surviving life on the streets. But when Em comes bursting into his life, in all of her disastrous glory, the rules go right out the window.

Survive.

Flee what's been left behind.

And never look back.

Emerson's plan was simple. Though, it was easier said than done. The city streets are dangerous and unforgiving to a new arrival. Especially, a seventeen-year-old girl who's never known anything but life in the suburbs. Sometimes, however, what's lurking behind those white picket fences can be more frightening than any dark alley.

Both of them made the same decision when life got overwhelming—to run from their demons. Brought together by fate or circumstance, Em and Jay find the kind of love neither of them ever expected. But, when those demons come back to haunt them and their love is on the line, which instincts will they choose to follow this time . . . Fight or Flight?

Fight or Flight Details

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From Reader Review Fight or Flight for online ebook

Anne OK says

3.5 Stars

An Amazon freebie that turned out to be something much more than I expected, along with an introduction to a new-to-me author that I will continue to follow. "Fight or Flight" is a shocking look into the horrors of life on the street and the sad and cruel realities that force young people to choose running away from the roof over their heads.

Emerson and Jay were two broken young adults who felt they had no other choice but to runaway and make a life on the streets. Together they helped each other survive their circumstances. In one sense, they were luckier than some in that they found a few people who could help a little when times became too much. Along the way, and amid the turmoil and struggle to survive, Jay and Em fell in love. And when things took a turn for the worse, neither gave up.

The ending seemed a bit rushed and it left me with some unanswered questions. I was disappointed that there wasn't an epilogue to tidy up the loose ends and elaborate on Jay and Em's happily-ever-after. It appears that this is a series so I'm hopeful there's more to their story – one with a roof over their heads, food in their bellies, warm clothes to wear, and far from life on the streets.

SueBee★bring me an alpha!★ says

FREE on Amazon US today (4/8/2013).

Ashleyjo says

A warm bed, food at hand, showers, toilets, clothes, etc... All things that most of us take as a given daily. For some, those fundamental elements of survival aren't givens & they come at too great a price. For some, they'd rather starve, freeze, live in filth, and brave the danger of the streets than be beaten and sexually assaulted by those supposed to care and provide for them.

This is the story of two homeless teens, one streetwise and one that just isn't adept at survival.

It's hard to read at times, and it's certainly hard for those of us who've never had to feel hunger pains & the true threat of freezing to death to fathom how one survives under such weights.

The author does an excellent job at painting this environment and the people within. She also does an excellent job at reflecting a true picture of how the world responds to this section of the population - some with empathy or a helping hand and some with harsh judgments and cruelty.

My only environmental complaint here was that there's never any homeless sheltering options and this story is set in a city large enough to have one. Why?

Jay stole my heart in the way he cared for Em and did the absolute best he could to provide all that he could possibly give. There's a beautiful love story here that's not surrounded by glitter, gold, and rich people's play rooms.

Em was such a broken character. She had moments of strength, but they all seemed to revolve around Jay. While this is understandable given her past, I would've loved to have seen her find more awareness of who she is as a person verses remaining a victim and/or a dependent. She never found her self-worth, which was very sad for me.

The End

The end is the only reason I didn't give this book 4 stars.

The story and characters up to 98% were worthy of 4 stars. The first 98% felt 100% authentic, poignant, and true to life aside from the lack of homeless shelter options. The characters were developed and pulled at my heartstrings in their plight and responses.

The last two percent, that is *how* they were able to reunite and have a HFN, felt like unicorns and rainbows.

Don't get me wrong, I desperately wanted these two to find a safe-haven!

But, it felt like the author hit a dead end alley and just decided to paint a door vs show me the removal of the bricks as they bust through to the other side.

I've read 98% of how life is not easy and then the author just throws out a *lucky lotto ticket of sorts* to save the day in the last 2%. Here are the problems:

A) we get very little about how this changes their lives now other than having a new home.

B) we don't get anything on how they plan to maintain in the future what they've been given - school, job, income?!?

C) the legal aspects don't f'ing work that way. She would have to be the one to bring forth such legal issues, not Jay via a lawyer. This unrealistic solution tainted what had been such a poignant, realistic story.

D) the harshness of this story needed a balm of HEA, not a HFN, to soothe readers' minds and hearts.

^^^ It pains me greatly to give this 3 stars because of such an unsatisfying final 2%.

Samantha says

I'm going to try and put into words how I feel about this book but I don't think even that will do it Justice. I

can tell you this will be one of my Top Reads for 2013 I was that impressed.

This story is an intense, fast flowing, well written, heart stopping, and emotional read.

Jamie draws you in from the first page her writing is just outstanding, you find yourself caught up in this story. It really pulls at your heart strings and you will find you won't be able to put it down till you know how Em and Jay's story ends. And yes I cried at the end because after everything Em and Jay go through they both deserved their happy ever after.

"It's hard to look for the light when you're lost in darkness." This quote pretty much sums up Emerson for me. She runs from the life she has lived for years with her abusive uncle with no idea where she is going. The fear, the guilt, the hate for herself that this man has caused her leaves you heartbroken like I said pulls at your heart strings.

And then her light that one person who she has no choice to trust comes in the form of Jay. OH Jay if I could hug and kiss this man I would. He takes Em under his wing because he can see she won't survive on the streets she is an easy target. And then their journey begins. Trying to survive on the streets isn't easy, food is hard to find, people will steal your only blanket and the police will raid the squat you live in. But there are a few good people out there who are willing to help, Sam being one of them, I loved his character he really does try and help the homeless kids. Through all this Em begins to see she can be strong, she can stand up for herself and she can trust and love. It was such a pleasure to see the love grow between Em and Jay and when you find out Jay's background you get why he protects the ones he loves. When Em finds herself in hospital her greatest fear is brought back to life and after running again trying to find somewhere to sleep she does the one thing she has to do to keep Jay alive and finds herself back where she started. Now these scenes for me where heart stopping moments and I even said out loud "Oh god someone help her" Do Jay and Em find their light through all the Darkness? You will have to read to find out the answer to that. I highly highly recommend this book.

Kendall {Book Crazy} says

Another absolutely amazing book from the wonderful, Jamie Canosa! I honestly wasn't expecting to be asked by Jamie to beta read this book and then receive it at the beginning of February but I am so glad that I did get asked! As soon as I started reading Fight or Flight I honestly couldn't put it down! I kept wanting to read on and seeing more of the different challenges that Jay and Emerson were going to have to face as a couple and also to survive! I honestly loved everything about this book from the plot to the characters! The plot was quite scary actually but it was very realistic and it really shows you what some people have to go through every day to survive! The plot was quite sad to read and also to watch the characters go through what they did was heart-breaking but it shows you that even in your darkest hour, you can find love and that one person who will save you! I also loved that Jamie didn't sugar-coat the plot! The characters were written amazingly! Emerson 'Em' was the main character and I just loved her! She had been through a lot before this book starts and then she goes through a lot during the book as well! You can't help but feel sorry for her! In this book she learns how to stand on her own two feet, with her love interest's help, and she manages to turn into a stronger person! Jay was the love interest of Em and he was perfect! He protected Em and the whole way through this book Jay was determined to do what he could to help Em and to keep her safe! Em and Jay's relationship developed at the perfect pace! I was enthralled with their relationship as it was in such a dangerous environment but it was so sweet! I also loved that this book was written in dual point of views! I really want another book to this one as I want to read more of Jay and Em's story as I this couple and this book are definitely one of my favourites! When I beta read this book it didn't have a cover so I had my own image of what I thought the cover could have looked like and the cover that this book has is stunning! I had a similar image in my head but they are similar! Big thank you to Jamie for letting me Beta read Fight or Flight for her!

J says

~"The fight-or-flight response is also known as the acute stress response. Essentially, the response prepares the body to either fight or flee the threat."~

Seventeen-year-old Emerson, has wasted years hoping on fairytales. The kind where the princess is being held captive by some foul beast, but then a white knight comes along to free her. She'd waited and waited for her white knight to come, but eventually it had dawned on her that her life was no fairy tale. There were no such things as white knights, she was no princess, and her home was not a castle.

But neither was this place.

Jay has rules for surviving life on the streets.

Be smart.

Keep your head down.

And look out for number one.

He didn't account for Em.

He is drawn to her and he finds himself helping her out.

He believes that she will soon see this is no way of living, and will see that this was all a mistake and go crawling back home.

However no-one choses this life without having known something worse first.

What's lurking behind those white picket fences where Em comes from can be more frightening than any dark alley.

Thrown together by fate or circumstance, Em and Jay find the kind of love neither of them ever expected.

But, when those demons come back to haunt them and their love is on the line, which instincts will they choose to follow this time . . . Fight or Flight?

O.M.G!

What a journey. This pulled me in from page one. What an eye opening experience. This was real, raw and heartbreaking. To see what one would do to survive really does put life into perspective.

My eyes were glued to the pages. Be sure you have a few free hours because from the moment you start this book you're going to be on the ultimate trip to a place you never thought you'd go.

I wanted a tiny little more, needed more. But that was just me, it doesn't take anything away from the story.

The only thing that it definitely needed for me, was an Epilogue.

Maybe there will be a follow up story, to tie up everything with a nice little bow! (Ohh that would be good!!!) hahaha

Loved the story, Loved the writing.

Check this one out!

+4 Stars+

Stella says

4.5 troubled stars!

One of the best YA stories I've read this year.

Em, short for Emerson, runs away from the house that had been everything but a home for her. Orphan and under the guard of disturbed relative, she decides that even the streets can offer her a better life. And that's where she ends up. In a big and busy city with nowhere to go, nobody to go to and no money, just the pure desire to be away from 'him'.

Right after she arrived at the train station she has her bag stolen. Despite losing the 'little' she had, this is when she crosses path with the 'mysterious' Jay who becomes the key to her survival in the concrete jungle. Jay is homeless and make a living from small thefts and occasional small jobs. He could tell Em had nothing do to with big cities and 'street' life from the moment he laid eyes on her, and despite his reluctance he becomes her 'life' guardian.

It's the beautiful and heartbreaking story of two young and troubled souls who have nothing but each other trying to survive the challenges and dangers of a big city streets.

The language is moderate clean and there are no 'graphic' scenes whatsoever.

I gave the book 4.5 stars because things were kinda rushed at the end and I found it kinda hard to believe they would get away that 'easily'.

Christina Lyn says

Just finished 'Fight or Flight' by Jamie Canosa. This is my ever first book by Jamie. I never doubt myself that is book is a truly brilliant job,

I have mix emotions feeling right now, worried for Em and Jay. Felt loved the way their relationship grew each day, felt cherished and protected. It also scares the hell out of me too. Every scenes are very intense and a lot emotional too. Couldn't help myself but cry in between.

Their relationship is very unlikely you'll ever have in your life. This is my ever first book by Jamie. And this is my EVER first book reading something like this. It really caught me guard. Never thought reading something like this makes me wonder the people who actually living in squat. How their hardship and every day struggles just to live one more each day.

At the end I'm so DAMN happy and proud for both Jay and Emerson. For Sam who always feeds them a very yummy breakfast. His a good samaritan you know. Knowing they check every dumpsters to check on food just to overcome the hunger they felt. Sleeping in the cold floor beneath them with piles of news paper to keep them warm at night. Knowing that they have to become a thief in order for them to get warmer clothes, really broke me down. And that crazy manwhore pervert dickwand asshole uncle of hers you'll be rotten in hell dude!

Great job Jamie. I'm truly an awe in creating 'Fight or Flight'. Reading this broke me down big time. This is one of my favorite books this year!

Paula says

Sigh....This book had so much potential!!!

3.5 Stars

So this is book starts out with Em running away from home. We don't know initially why but that something isn't right at home...something so horrible she would leave home with only a backpack and about \$50 to her name.

Right off the bat Em is having a difficult time in a new city. She's trying to find her way around figure out what to do but the streets are cruel especially to a new kid.

In comes Jay....Jay has been living on the streets for 2 years and knows how to survive living on the streets. When he notices Em for the first time he doesn't want to help her but there's this pull between the two and eventually as I'm sure you can guess they start to take care of one another.

Now this book started out really really good to me. I haven't come across a book like this before and it was interesting seeing what it's like to live and survive on the streets through Jay & Em's eyes.

With Jay you see the experience he has with his surroundings and people and what it takes to make it day by day. With Em we get to see how overwhelming it is for a kid to suddenly throw themselves into this world and try to learn how to survive.

I was actually enjoying the story of life on the streets more than the actual romance. Now don't get me wrong....the kiss in the ally was HOT!!! But I just wanted more....I wanted to delve into the romance more. Pick apart their brains more. Just....more.

I didn't care for the ending...while it was a sweet ending...I just didn't feel it. Again I wanted more at the end. It just seemed like everything wrapped up too quickly.

But I am really glad I read this book. It is a beautiful story! A sad story but this is a reality for some kids. My heart broke for Jay & Em and I wanted to jump through the book and hug them and help them out.

This story really did open my eyes to the hopelessness some kids on the streets feel. Not all runaways are juvenile delinquents. We need to remember that always. Some kids are just running away from a troubled past and picking their lesser of two evils.

I really appreciate Jamie Canosa writing this book and bringing awareness to such a sad situation.

KAT ? Kitty Kats Crazy About Books ? says

This book really makes you sit back and appreciate the things we tend to take for granted, a roof over our heads, food in our bellies, hot water etc etc I could sit here all day listing them..

No matter how bad things could get in life I'd never wish being a homeless person on anyone..

Bayan Basri says

I definitely, positively, abso-freaking-lutely loved this book. I haven't read a contemporary this unique.

My 3 favourite things about this books are: The setting, The romance and Jay.

But I'm going to save the best for last and talk about other things.

Em is one of the sweetest characters ever! The wanted to prove herself; not just to the people around her but to herself too. That doesn't mean she turned from broken to street thug in two days. Em went through some serious character development. She went from Emerson to Ember. And it was wonderful.

“Well, excuse me! I’m sorry I didn’t just sit back and watch those jerks tear you apart over a stupid blanket. Remind me and next time I’ll bring popcorn!”

Al was an interesting character with a good backstory. I wish we saw more of her.

I wish we got to know more about Em's past and parents and stuff.

Now for my favourites!

The setting. I liked how we got to see Em and Jay trying to survive on the streets and how they manage to pull through.

The Romance. If you didn't notice, while I'm not really girly I'm still a sucker for romances and if the romance is bad I just dump the book. Anyway. I just loved the romance. It's like Em and Jay are ment for each other. She's sweet while he's tough; and he's protective while she's insecure.

"Jay was about ninety-nine percent positive this guy could kill him in his sleep on a normal day, but not now. Now he had something worth fighting for. Someone worth defending. Someone he'd kill for. Someone he'd die for."

"She'd surprised Jay, but she'd surprised herself more. Even if she'd never been strong enough to stand up for herself, Jay gave her the strength to do it for him. Jay gave her that. He'd been her strength and her shelter through all of this."

Jay! I fell in love with him. Although he's tough, he wasn't heartless and he helped Em when she had nowhere to go. He protected her when assholes got in her way. Told her how beautiful and smart and brave she was when she thought she couldn't go on. He took care of her; and needless to say, he was perfect.

"I'm sorry. You're right. From now on, I promise to look both ways before I cross any streets." His smile slipped loose and a laugh came along with it. "I'll even let you hold my hand."

"Mornin', beautiful." That made her smile.

Score.

"Hardly," she laughed. "I've had what, one shower in the past . . . two weeks?" "Yeah, well, I think street chic works for you."

This is a suspenseful and romantic read that you wouldn't want to put down.

"He planted a soft, warm kiss on her lips, and then pulled back just enough to whisper in her ear, "Welcome home."

Full review on The Booklicker

Raquel Valleperas says

sigh I don't know what I was expecting when I picked this book up- I had never heard of it or the author before, but the blurb sounded alluring and the reviews were giving it high praise. And admittedly, it was free. It had all the makings of an awesome book- except it wasn't *awesome*. It was okay, alright, good enough. But it didn't tug on my heart strings or make me want to ditch sleep.

The main character, Emerson, is going through this terrible thing and leaves her house in the middle of the night to get away from *him*. We never find out his name, btw. It's always just *him*, italicized and everything. I understand that she was trying to distance herself from him in her mind, but it was annoying. I couldn't feel bad for her or her situation because it wasn't personal enough. And despite what she had been through and all she was going through during the book, her thoughts were shallow, surfacey. And god, she was just so **dumb**. Like seriously walk-right-into-danger dumb. If she could do something dumb, she did it. Which led to every bad thing imaginable happening. It was a lot. Too much. *She* was just too much stupidity and *woe is me* shit.

Jay was a much more tolerable character. The whole *I love you* thing came pretty quickly, but besides that, he was likable enough. I didn't want to punch him in the esophagus like Em. In fact, the only time I thought that maybe I could feel something was when he was narrating.

As far as the writing goes...It wasn't terrible or unreadable. I think the first chapter was probably the strongest of the entire book, which is good because it kept me reading. It went downhill from there, however. It's not that it was riddled with grammatical errors, because it wasn't, but it was lacking *depth*. With the nature of the story, it should have been a tear jerker. It wasn't. It was annoying and all over the place. And then it was all resolved so easily and quickly. (view spoiler)

Like I said, it wasn't a terrible book. It also wasn't a favorite, or one that I would consider re-reading. Would I recommend it? Probably not, only because there are just so many other books that surpass this one by miles. But obviously I'm in the minority with this opinion, so I guess you can only know if you'll like it if you read it for yourself.

J *deep in the heart of Texas* says

3.5 to 4 stars!

This story was kind of heart-breaking. Emerson is 17 and finally gets the courage to leave her troubled past behind. She hops on the train and heads for the city. There she meets Jay. Jay has been homeless for two years and has his own troubled past.

Jay reluctantly takes Em under his wings and together they barely survive the city streets. Over time Jay and

Em develop a love for each other--out of their need to survive and cope and live.

When Em's past catches up with her in the city she's forced to choose between her troubled past and saving Jay. Will Jay and Em find their way back to each other? Will they ever have some place to call home?

This was a quick, enjoyable read. I really felt for Jay and Emerson and the struggles they had to go through. I was really rooting for them to find a HEA.

JaHy?Hold the Fairy Dust says

I cannot believe a book filled with so many obstacles could be such a refreshing read. If you are looking for a billionaire Adonis with a virgin fetish or an indecisive drama queen, this story is not for you.

God, how do I review the story without spoiling it? Hmmm..... This is a story of fear ,trust ,friendship, determination, angst and most importantly LOVE. This is the story of human emotions. Jamie Canosa, you told a beautiful STORY (no erotic fluff, an actually story HOORAY!!).....that I wish didn't have to end.

Abbie says

Actual rating - 3.5
