

# Overview salinger's novel essay sample

[Literature](#), [Books](#)



Sallinger's novel portrays a troubled teen in New York, his thoughts, and adventures.

Over the course of the book, Holden's unhealthy mindset is displayed by his few interactions with various people and his sometimes questionable actions.

His mental state evolves a lot and eventually, by the end of the novel, he has a complete mental breakdown.

But why and how is this boy much more angry and depressed than a normal teenager his age?

« " That's the whole trouble. When you're feeling very depressed, you can't even think."

« " Anyway, I'm sort of glad they've got the atomic bomb invented. If there's ever another war, I'm going to sit right the hell on top of it. I'll volunteer for it, I swear to God I will."

Holden as an evident lack of self control, he often says and does things on a whim, without really thinking about the consequences that could eventually follow.

For example : when his younger brother Allie died, he broke all of his garage's door « just for the hell of it », even though he can not explain why he did it he says : « it was a very stupid thing to do, I'll admit, but I hardly didn't even know I was doing ».

Another sign of his evident depression is that he seems bored of everything, he hates everyone and doesn't really apply himself in the things

he is good at like literature for example.

Moreover, he's a compulsive liar and he says so himself.

He will tell lies to somebody for no reason, no purpose : “ I'm the most terrific liar you ever saw in your life. It's awful. If I'm on my way to the store to buy a magazine, even, and somebody asks me where I'm going, I'm liable to say I'm going to the opera. It's terrible.”

Holden is also extremely lonely, he says he despises everybody, but anytime he is alone he tries calling someone, he goes outside, he talks to people

He is in desperate need of a friend, someone to talk to.

In general, Holden is a very troubled teen with evident mental health issue, he has a very conflicted mind and never really knows what he thinks

Among other things, you'll find that you're not the first one who was ever confused and frightened and even sickened by human behavior.”

“ I felt so lonesome, all of a sudden. I almost wished I was dead.”

Many things can be suspected to be the cause of the hero's unhealthy mental state.

One of the most evident is the death of his brother Allie.

This event marks the end of Holden's childhood.

He doesn't talk about much which is an indicator of how much it affects him and still does.

He acts like he got over this grief in front of Phoebe « I know he's dead !

Don't you think I know that ? », but at his lowest moments he reveals that he always holds on to him and still talks to him sometimes, as if he was still alive, keeping him safe.

Holden also has an apparent inferiority complex, his older brother is a successful Hollywood writer, he describes Allie as the nicest, most intelligent person he has ever met ... he feels like he is the least successful of the family.

Moreover maybe the reason why he describes everybody as « phonies » is because he doesn't believe in himself and doesn't feel great about his personality.

He often talks about his difficulty getting along with people and how he knows he's not a great person to have a conversation with : « I know. I'm very hard to talk to. I realize that. »

This lack of self esteem is probably why he has this tendency of pushing people away subconsciously.

Those few examples of Holden's instability ;;; I don't know

Over the course of the book, his mental state is very unstable, In the beginning the reader might think that he is just a random over emotionally teenager as there is so many, but as the story evolves we see that his case is much more serious in a way.

By the end, Holden has a complete breakdown in the middle of New York's streets, he feels like he's falling, like he's going to die and he desperately invokes his brother as if he was his guardian angel.