



The Fourteen Day Soul Detox, Volume Four

Rita Stradling

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Volume four of the novel serial.

In the next fourteen days, I plan to:

Body

- 1) ~~Cut back on my coffee intake.~~
- 2) ~~Gain some of my weight back.~~
- 3) ~~Start getting some exercise again.~~
- 4) ~~Sleep.~~

Mind

- 5) ~~Take on my daughter's school board.~~
- 6) ~~Sell my coffee shop.~~
- 7) Go on a date.

Soul

- 8) Stop wearing my wedding ring.
- 9) Spread my husband's ashes.
- 10) Forgive the woman who killed him.
- 11) Stop sleeping with her ex-husband.

12) Remember what love feels like.

13) Be happy.

The Fourteen Day Soul Detox, Volume Four Details

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Author : Rita Stradling

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From Reader Review The Fourteen Day Soul Detox, Volume Four for online ebook

Geraldine says

Beautiful continuing story of struggles, friends, family and love. So well written.

Gretel says

Most of this installment covered events that readers knew would be coming; however, we also got a lot more insight into the characters' histories. There are more memories and more emotions than ever. Yep, Stradling made me cry.

There are still pieces of the story-line that no longer jive quite right for me, but they aren't centerpiece to this portion of the story. The cast of characters is growing and evolving, and I'm more invested in them now than I was previously.

Rabid Reader says

This 4th volume is slower paced than the previous ones but it suits the emotional nature of this story to a tee. This plot has plenty of emotion; it is heartwarming but also sad. Jamie's slow letting go of the past, her vulnerability and strength come through well in this story, as does Cameron's commitment to Jamie and Sarah. The author manages to make you really feel the emotions experienced by the characters. There are some really beautiful, touching, tear jerking scenes in this volume. The characters and storyline continue to grow in appeal and complexity and this volume leaves you emotionally drained and just waiting for the shoe to drop.
