



## **Sanders' Starfish (John Sanders Book 1)**

*Tara C. Allred*

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Dr. John Sanders is about to begin his career as a clinical psychologist. Full of optimism, he believes he can make a difference and is eager to provide hope to a group the world has deemed hopeless. Yet in John's quest to offer those in his care a second chance, he embarks on his own journey of self-discovery. In his search, clear answers become scrambled confusion while the unimaginable truth is trapped in a complex web.

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"Sander's Starfish is a powerful story regarding the worth of a soul and doing what is right in the face of any challenge which may arise. As tension builds, author Allred does a masterful job with intermingling the lives of the two main characters. The manuscript is accomplished with ardent insight into the life of the mentally ill as well as being completed with striking writing. The detailed and true to life scenes of life in a residential care treatment center are powerfully portrayed.

Sanders' Starfish is a riveting account drawing the reader into the storyline from the opening lines as we stand at the door confronting Clarissa with Dr Sanders. Our knees smart when the cart is thrust into his by the dogged patient. Reader attention is held fast from that initial contact with this anecdote's main character and does not diminish until we find the conflict is properly decided.

Writing is good quality, action is fast paced, a convincing well thought out plot is easy to follow, dialogue used effectively moves the story along. Sanders' Starfish is not a light hearted little tale. Richly rendered surroundings, commanding stimulus, story line twists, snappy exchanges, hair raising excitement and satisfyingly puzzling uncertainty pack the pages of author Allred's initial work with mesmerizing reader appeal. With a razor sharp, centered narrative; Allred gives a picture of life in a residential care unit few are aware exists. Flourishing with well rounded characters in this remarkably directed anecdote of deception, underhanded conniving and unexpected disputes, the book has something to please every reader." Reviewed by: Molly's Reviews/Molly Martin

## **Sanders' Starfish (John Sanders Book 1) Details**

Date : Published by Cedar Fort, Inc. (first published October 1st 2003)

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Author : Tara C. Allred

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## **From Reader Review Sanders' Starfish (John Sanders Book 1) for online ebook**

### **Amber says**

I enjoyed this book-it's a fun clean quick read. It made me think a lot about what we as society deem as "normal", and that everyone has strange things about them that might not exactly be considered the normal way to be. Good book!

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### **Liesbeth says**

Was really looking forward to this, I liked the concept and I'm interested in mental health. Adding to that my own daughter had a long period in a psychiatric unit.

I was sadly disappointed. ( and very bored!!!)

John, the main character, is dull beyond belief. He needs padding out, he needs a side story, something to make him more interesting.

The whole mental health institution is unbelievable and far from reality.

The whole thing picks up a bit about 70% in the book, and then falls flat on its face again at the end, which is rushed and a bit messy.

Will not read the sequel.

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### **Paula says**

I can't even give this book one star. This was a complete waste of my time. I wouldn't recommend this book.

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### **Colette says**

I read 8 chapters and I really tried to like it, but I couldn't. The style of writing, the coldness of the characters and the factual inaccuracies on the subject (mental health) was just too much for me - sorry.

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### **Lisa says**

I only read this book because it was a free selection on BookBub. I had difficulty tolerating the main character's codependency and poor professional boundaries, so did not enjoy reading this.

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### **Maureen says**

I really dislike giving a book a bad review because I recognize and appreciate how much time and effort an

author pours into it. The only reason I even finished this book is because I kept waiting to see if there was some redeeming feature, and it was short. There wasn't. While the premise of a private hospital for persons with mental illness doing something not on the up and up (trying to avoid a spoiler) was interesting, the fact that it only came to light as a result of a professional behaving in a completely unethical way with a patient is wrong. His inner thoughts, sometimes disguised as debates with his friend, were whiny and repetitive. The sudden transformation of Dr. L from disciple to paranoid whistle blower was insufficiently supported. I won't go on, but give this book a pass. My apologies to the author should she read this.

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### **Kristie says**

interesting insightful

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### **Bonnie says**

This book wasn't bad but it seemed like the characters didn't 'wrap up'. The whys were not answered at the end. and I expected it to be something beachy from the title-it's about a mental institution.

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### **Katie Robinson says**

a fascinating look at psychotherapy and mental illness.

Not the best crafted story but considering it was one of Tara's early pieces of work it is still very readable. Her work is much improved nowadays.

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### **Colleen Ray says**

This short book looks at the obsession of a clinical psychologist. Although it takes place in the present day, it has a definite old-fashioned feel to it. The plot had potential, but unfortunately it's incredibly predictable and not much really happens. The characters are poorly developed, and the whole thing was just a disappointment.

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### **Katie Chapman says**

#### **Captivating**

Though a work of fiction, Sanders' *Starfish* is an intriguing look inside private mental health facilities. Allred's characters and narration remind readers that the lives of the severely mentally ill are not without hope.

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## **Gina says**

This book shows an appalling ignorance of mental illness.

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## **Donna Ehrick says**

### **Not what I thought...**

I'm sorry to say that I found myself becoming more bored as I got deeper into this book. It became redundant & I kept waiting for something exciting to happen, but it never did. I found the main character to be very whiney & irritating. Luckily, it wasn't such a long read & I was put out of my misery just when I was considering leaving it unfinished, which I never do.

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## **Megan says**

Beyond awful. Did not finish. I was going to rant about lazy editors and writers who don't do their due diligence about mental health, but then I realized the problem was much worse. Here are some great examples of this "clinical psychologist" treating his inpatient "schizophrenics":

"You need to trust me"

"Don't let this upset you"

"You need to understand"

\*rolls eyes\*

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## **Liz Wood says**

### **Into the depths**

Rebecca's fate - and many others - depends upon their ability to deal with reality. A clinical psychologist once told me people choose to be crazy ... and I learned years later that it's true...to be crazy is a matter of choice, when life seems the worst it is much easier to let go and give up. However, life is to be lived...good, bad, mixed up.

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