



Saving Sophie

Sam Carrington

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A teenage girl is missing. Is your daughter involved, or is she next?

Your daughter is in danger. But can you trust her?

When Karen Finch's seventeen-year-old daughter Sophie arrives home after a night out, drunk and accompanied by police officers, no one is smiling the morning after. But Sophie remembers nothing about how she got into such a state.

Twelve hours later, Sophie's friend Amy has still not returned home. Then the body of a young woman is found.

Karen is sure that Sophie knows more than she is letting on. But Karen has her own demons to fight. She struggles to go beyond her own door without a panic attack.

As she becomes convinced that Sophie is not only involved but also in danger, Karen must confront her own anxieties to stop whoever killed one young girl moving on to another – Sophie.

A taut psychological thriller, perfect for fans of *The Girl on the Train* and *I Let You Go*.

Saving Sophie Details

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From Reader Review Saving Sophie for online ebook

abby says

Imagine you've come home from work one day, and it appears some creep has broken into your apartment and rearranged your underwear drawer. Even worse, this dangerous psycho has turned your beloved tropical fish collection into sushi. You're probably pretty freaked out, right? So what do you do?

A) Call the police. Immediately.

B) Don't call the police. Start doubting your own instincts and worry that you'd be wasting the police officers' time. Start to wonder if maybe the fish were actually sushi all along, and you just didn't notice before. You were always pretty unobservant. Maybe it would be best to solve the crime yourself before calling the professionals. Yes, that makes sense. Email a friend to see if they know what happened to your house. Much better.

Answer B is one of the reasons I gave this book (regrettably) 1.5 stars.

Ultimately, this book is a tale of a mother and daughter who create their own misery by **refusing to talk to the police**. Not when they are threatened. Not when horrible things happen to the people they love. Not for any reason. And it's *infuriating*.

The premise of this book is good. Two friends go out for a night of pub crawling and club hopping. One comes home in the back of a cab, wasted and mumbling strange phrases. One doesn't come home. Karen is relieved her daughter, Sophie, is home and safe, but concerned that she seems to have no memory of the entire evening. Karen is worried about her daughter, but also frustrated, because Sophie's friend Amy is missing and Sophie is not being very helpful. Just what is her daughter hiding?

So the book blurb got me hooked, but it wasn't far into the story that the problems become apparent. First, the book is not well written. Most of the dialogue doesn't ring true, and characters ask themselves dozens upon dozens of introspective questions, which almost starts to feel like a crutch the author uses to avoid real writing. The way the cops are portrayed is near comical. I'm used to unlikable characters in psychological thrillers, but Karen and Sophie behave in a manner that's so completely opposed to human nature I couldn't forgive it. Karen is just a terrible person in general, and, to the end, prioritizes her reputation over her daughter. There are parts of the plot that don't make much sense to me, and the entire thing would collapse like a house of cards if any of the characters had at any time stopped acting like idiots.

Thank you to both the publisher and NetGalley for granting me access to this title

Liz Barnsley says

Saving Sophie is the type of psychological thriller that I love for an afternoons reading – fast paced, intriguing, devious characters and a terrific mystery element.

I read it cover to cover in one go pretty much, totally immersed as Karen struggles with agoraphobia whilst trying to work out if her daughter Sophie is in any real danger after a night out goes horribly wrong. There

are plenty of twists and turns along the way, a fascinating look at family and friendship ties and a cleverly embedded whodunnit for you to get your brain around.

I can't say I particularly liked any of the characters, but that's no bad thing – human beings are inherently selfish a lot of the time and it gives a touch of realism to a crime story. Whilst it's not perfect (I did find it a little hard to swallow how long anyone took to tell the police something important that could save their lives and my little mobile phone bugbear turned up a couple of times) *Saving Sophie* is a blinder of a read in the addictive stakes and the conclusion was edge of seat good. I also liked how Sam Carrington tackled agoraphobia which is crippling, not allowing any sudden miracle cures which trust me I've seen in other books – in this one it is a mountain for Karen to climb if she IS to save Sophie, and speaks well to the underlying theme of how far would or could you go for the ones you love.

Overall a great read, certainly setting me up to read whatever comes next. Recommended for fans of this genre.

Chloe says

Saving Sophie is a psychological thriller by Sam Carrington about family and friendships full of betrayals and deceit

Karen Finch's seventeen year old comes home late at night escorted by the police. She was found wandering on the streets muttering to herself about her friend Amy. The next day Karen realizes that Sophie has no memory of the night before. Karen soon finds out that one of Sophie's friends Erin turns up dead and Sophie starts getting threatening texts. Karen who suffers from acute agoraphobia due to an attack two years before, tries to put the pieces together by finding out what happened that night

The book's premise and plot was good but halfway through it started to get very annoying. I just couldn't understand why Karen and Sophie would not contact the police even after they knew that a killer was stalking them. I did enjoy the epilogue and though there were some good parts in the book it still felt a little short for me. Rating -3 ½ stars

Many thanks to the publisher & NetGalley for this advance reader copy in exchange for my honest and fair review.

This and more reviews at <https://chloesbooksblog.wordpress.com/>

Michael says

I am trying hard to think how to describe this book in a sentence and the best I can come up with is "two steps forward, one step back." There is nothing particularly bad about the story other than I was constantly shaking my head in disbelief at the main characters with their inactions and how they treated one and other.

seventeen-year-old Sophie's parents are in shock after she is brought home seemingly drunk by police officers after a night out with friends. Her mother Karen is alarmed by comments made by her daughter about her friend Amy who was with her. The next day Sophie's parent's apprehension continues to grow as she has no recollection of what happened the night before even though she had been brought home earlyish. Karen is furious with Sophie's so called friends as she believes they abandoned her. Things take a sinister twist when Karen finds out that Amy is missing and after a body is discovered it is identified as another girl

with Sophie that night Erin.

For Sophie's parent's things just don't add up, with Amy showing up and with her friend Dan insisting they called a cab for Sophie and they saw her get in it. Then why was she found by police incoherent walking the streets? For Karen, who suffers from agoraphobia after she was attacked two years later this is almost too much to bear. Things become even worse when Sophie after being confronted by her mother admits to being stalked with the horrible thought of could the person who murdered Erin know be targeting Sophie and is there a connection with Karen?

I know what you are thinking. This sounds like a pretty good thriller I am describing but alas there was a number of issues I just could not ignore with *Saving Sophie*. Firstly while I could understand not talking to the police early on, I thought over time when it became obvious that Karen and Sophie were way in over their heads this should have happened. The police in truth were a bit clueless even if they did have the excuse of being met with a wall of silence and misinformation. Throw in the fact it was practically impossible to find a likable main character and you have a story that for all its redeemable features left me feeling a little flat.

sue says

It's taken me three days to read this book which is unusual for me. Something like this I would have read within a day or two.

I've fluctuated between loving it, hating it and having gasps of 'really?'
Just some things I found hard to swallow with ease.

I liked it.
I will remember it.
I would recommend to some, not to others on my reading list.

I could see this as a book buddy read as lots of things to discuss from within the pages.

I liked the plot, enjoyed the twist.

Sophie's been out with friends.
She's been brought home in a Police car totally incoherent

Sophie's mum thinks it may not just be drink but she's been drugged too.
Her Fathers quite exasperated by Sophie.

Something isn't right.

Then next we learn that one of her closest friends, Amy is missing.

When Sophie wakes the next day she remembers nothing.

Of course the plot thickens, and it thickens well.
It's a book that needs sticking with and sometimes reading between the lines.

The Mum with acrophobia is torn between her disabling illness and needing to be pract I felt her mental anguish and emotional fight.

Her husband got very exasperated with her too. He didn't seem to be the most understanding of partners at times and I wondered why. I found out at the end.

Saving Sophie was of course about Sophie, but I think it also saved her parents.

My most annoying problem itching at me was the way Sophie handled things, or, didn't handle things.

One minute scared so needing her Father to meet her after work, then another time seemingly to take chances. Or it maybe just me.

Because I did enjoy it, I'm happy to give it 4 stars because it evoked many thoughts and feelings in me.

My thanks to Harper Collins UK for my copy via Net Galley

Carrie says

Karen Finch's seventeen year old daughter Sophie had gone out with friends but arrived home being escorted by the police. She had been found wandering the roads completely out of it being obvious that she had been drinking or doing drugs.

The next day Karen finds out that Sophie has no memory of what had happened the night before and one of Sophie's friends is missing. Sophie doesn't seem too worried about anything but Karen is determined to find out just went on with her daughter that night.

I was a bit disappointed in Saving Sophie after really expecting that I would love this book. The story in itself was an OK psychological thriller but I wasn't a huge fan of the characters in this story unfortunately.

Told from alternating POVs of Karen, Sophie and the detective in charge of the case with Sophie's friend the story should have really been an amazing one. However, Karen is homebound battling anxiety after her own attack in the past so she's overly determined to get answers while Sophie is rather flippant then turns to hiding things. But both characters have one thing in common as the twists and turns come about in the book, they neither turn to the police for their own selfish reasons. This made the chapters with the investigation seem to lack a connection to the story to me.

Overall, I just came away with a this one was alright feeling when done, not particularly good or bad as the characters weren't my favorite for a thriller.

I received an advance copy from the publisher via NetGalley in exchange for an honest review.

For more reviews please visit <https://carriesbookreviews.wordpress....>

Lee says

This story is told mainly in alternating chapters between Sophie, seventeen years old and her mother Karen. The other chapters are from the police investigating the case. Sophie goes on a night out with her girlfriends but something happens and Sophie is brought home by the police. The police found her wondering around the streets and think she is just drunk but it soon becomes apparent that Sophie has no memory of what has happened. Sophie's mother Karen is agoraphobic, traumatised by an attack she suffered two years ago and what happened then will have consequences on their lives today. Karen is sure that Sophie is not being totally honest with her and is extremely worried about her daughter and what may have occurred. Twelve hours later Sophie's friend Amy is missing, what is going on? For a debut novel this is a very good book, strong story and characters which will keep you turning the pages to the end.

Deanna says

2.5 stars

When I read the book blurb for this book I thought it sounded pretty good. I was really looking forward to reading it. It already has quite a few high ratings as well.

But honestly I had a tough time with this one. I found myself aggravated quite often and wanted to quit reading a few times. However, I became obsessed with finishing it because I had to know what happened, so that counts for something.

Karen is in shock when her seventeen-year-old daughter, Sophie is brought home by police after a night out with friends. Sophie's practically incoherent muttering very odd things about her friend Amy. Sophie's mother and father are livid but Sophie is no help to anyone in the condition she's in and they will have to wait until morning to question her more.

Karen is angry as she thinks that Sophie's friends just abandoned her as that had happened before. She's also very worried because Sophie can't remember anything. She was brought home quite early in the evening and she was completely out of it, almost like she'd been drugged.

The next morning Sophie has no memory of what happened the night before. She can't remember anything at all. Her parents, especially her mother are upset as they don't understand why Sophie has NO memory of the night before. On top of this they find out that Sophie's friend Amy hasn't gone home yet. Twelve hours later, Amy has still not returned home.

Possibly some very minor spoilers *

The beginning of the book was really good but after awhile I started having a hard time with it. I found it difficult to warm up to Karen and Sophie, and I really took a dislike to Karen's husband Mike. He was sarcastic and really mean one moment, then overly loving and understanding the next. I know that people can have mood swings but his were off the charts at times.

The way Sophie spoke to her mother was appalling. I know sometimes teenagers talk this way but her best friend is missing, horrible things are happening and half the time she's making flippant remarks and not wanting to help figure out what happened to her. I wanted to grab her cell phone right out of her hand.

Karen: I find it very odd that they said they put you in a taxi but it never brought you home. Either they are lying or something happened in the taxi. I want to know which it is.

Sophie: Why would they lie? Honestly, mum, you're so annoying!

The story was told from multiple points of view. Mostly Karen and Sophie's but also the Detective assigned to the case.

We learn early in the book that Karen suffers from agoraphobia, she was attacked two years earlier. She leaves the house only to attend counseling. Her family has become very frustrated with her and there were a few times that they would often out right mock her even when she was in the middle of a panic attack. Even worse her husband and daughter are arguing as Karen is having problems breathing and needs her bag.

Karen: I...need, (shallow breaths)...my bag

Mike: Right, of course you do. Get her stupid bag, Sophie.

Sophie: You get it!

Mike: I asked you to get it

Finally, Mike stomps off after more arguing, takes his time returning with the bag and gives it to Karen. Telling Sophie to Grow up.

I had highlighted this conversation on my Kindle and went to type in my notes and all I could come up with was WHAT?

There were some really interesting parts to this book. However, I just had trouble following what was happening and some of the parts were a bit too unbelievable. No one wanting to call the police, instead trying to figure out everything using Facebook? The police sort of running in circles a little bit. It just didn't all come together for me.

Considering that Karen suffered from agoraphobia I found it odd that she wasn't more concerned about getting her daughter back into the "safe zone". Especially since there was a killer out there!

So in the end while I enjoyed parts of the book, I just had a few too many issues with it. But don't take my word for it. There are quite a few positive reviews and so you never know. I've recently LOVED some books that others have really disliked. So who knows? As we always say we can't all love the same books

Thank you to NetGalley, the publisher, and author for the opportunity to read this book in exchange for my honest review.

Jody McGrath says

I had a really hard time reading this book. It wasn't the writing. The writing style was really quite good. The

problem was that I found the main characters to all be horrible people to the point of almost disbelief. The secrets they are willing to keep and the selfishness of so many people in the book, made me think that this town had the evil juju in the water or something. I just couldn't give a crap about them. The main character suffers from agoraphobia, which I also suffer from, and it is a horrible debilitating condition, but it got to the point where I wanted someone to just through a xanax in her mouth while she was talking. Geez. Horrid people.

Also the grand mystery thriller, it had a lot of twists and turns which were nice, but then it was a WTF moment? I won't say anything else. But just wow.

I wouldn't recommend this book. It was just depressing and the end blew it.

*I asked for and received a copy of this book from Netgalley and have given an honest and unbiased review
*

Kristina says

For me, Saving Sophie was a below-mediocre mystery/thriller. The premise was intriguing enough, it was the execution that was sorely lacking. Decent suspense but, in the end, when everything finally comes out, the mystery angle of this story was just too ludicrous to take seriously.

Thank you to Netgalley and the publisher for a copy of this in exchange for an honest review

Louise Wilson says

Two police officers are at their door with their daughter who is absolutely paralytic and incoherent. The next day Sophie has no memory at all of the night before. Her friend Amy has not returned home yet. Then the body of a young woman is found but it's not Amy it's Erin who had also been out with them.

Sophie's mother Karen suffers from acrophobia. Karen is Erin's mums best friend but due to her condition Karen can't leave the house to go comfort her friend when she needed the most. Karen becomes convinced that Sophie knows more than she is letting on and that Sophie is involved and also in danger.

A well written debut novel that has your attention from the beginning and you will struggle to put it down till the end.

I would like to thank Net Galley, Harper Collins UK Avon and the author Sam Carrington for my ARC in exchange for an honest review.

Nicki says

WARNING

Do NoT start reading this book unless you have nothing else planned because once you start reading it,you won't be able to put it down.

OMG,OMG,this book is absolutely brilliant,gripping,fast paced and has a very shocking ending.

What starts out as an innocent Saturday Night out with her friends swiftly turns into a nightmare for seventeen year old Sophie Finch.First she is brought home by the police after been found totally wasted and wandering along a road on the outskirts of Ambrook,the tiny Devon village where she lives with her mum Karen and dad Mike,then when she wakes up the next morning she has no memory of what happened the night before.Having no memory,feeling ill and having your parents nagging at you isnt a bad enough start to your day for a seventeen year old she later finds out that her best friend Amy has not returned home after their night out and has disappeared.Is Sophie telling the truth about her amnesia or does she know more about her friends disappearance than she is letting on?.

The story is told in alternating chapters by Sophie,Sophie`s mum Karen who suffers from agoraphobia after a terrifying incident that happened two years ago and by Detective Inspector Lindsay Wade who is leading the investigation into Amy's disappearance.There is also emails scattered throughout the story that may or may not be written by the person who is behind Amy's disappearance.I liked Inspector Wade and her team,they got on well and she didn't have any superior officers breathing down her neck all the time and trying to undermine her just because she was a woman.The chapters are short and many of them end on cliff hangers that make you want to carry on reading.The characters are likeable just make some very questionable decisions at times,the story is gripping from the beginning right up to the rather surprising end and rockets along faster than a race scene in a fast and furious film.

It's a gripping psychological thriller about families,friendships,phobias,betrayals and lies,the story is very intreguing and has a hell of a twist at the end.This surprisingly is Sam Carringtons debut book,its absolutely brilliant and I loved it.Now I have the very long wait for her second book which sounds very good from the synopsis at the back of this one and which also happily involves Inspector Wade and her team.

Thanks so much to Harper Collins UK for a ARC of this book via netgalley in exchange for a honest review.

Magdalena aka A Bookaholic Swede says

The description and the cover made me eager to participate in this blog tour. If it is one genre I love is a psychological thriller, especially one where everyone acts suspiciously. And, Saving Sophie definitely has many suspicious characters and a story that just keeps getting darker as the story progress. The Finch's family is still reeling from a traumatic event from two years prior which left Sophie's mother Karen unable to leave the house without having a panic attack. And, how can she help her daughter when she can't even leave the house? Sophie herself is trying to figure out what really happened the night she can't remember, could it be that she is in danger or is she in any way involved with the death of another young girl?

I love books with short intensive chapters that make you just read one more chapter, and then one more and suddenly you have finished half the book. Saving Sophie is a very good, engrossing thriller and I love the feeling of not knowing what's going on and I did suspect pretty much everyone in this book, well except Karen, despite the feeling that she may have some secrets herself.

I liked the different POV throughout the book. For instance, besides Karen and Sophie, we also got to follow the cops that are working on the dead girl's case. They do, however, not have a very central role in this book. It's really Karen and Sophie's story. I felt some frustration with Sophie, that she kept so much to herself. But, she is just seventeen so keeping things from her parents are not really that surprising. And, I got a feeling

that they have a problem communicating with each other in the Finch family.

The ending surprised me, it was way darker than I was expecting. It's perhaps bad to like depressing and dark endings, but I like books that dare to take a step of the road and show that not everything will end well.

I want to thank HarperCollins Avon for providing me with a free copy through NetGalley for an honest review

BookwormDH says

When Karen Finch's seventeen-year-old daughter Sophie arrives home after a night out, drunk and accompanied by police officers, no one is smiling the morning after. But Sophie remembers nothing about how she got into such a state.

Twelve hours later, Sophie's friend Amy has still not returned home. Then the body of a young woman is found.

Karen is sure that Sophie knows more than she is letting on. But Karen has her own demons to fight. She struggles to go beyond her own door without a panic attack.

As she becomes convinced that Sophie is not only involved but also in danger, Karen must confront her own anxieties to stop whoever killed one young girl moving on to another – Sophie.

Stunning! Just stunning. This book is an exceptional psychological thriller - one of the best I've read this year - and I have read a few!

Intensely captivating, superb writing, and very hard to put down. It's a serious page-turner at it's highest. The clever plot moves at a steady pace but never once does it avert your attention. It kept me wanting to find out more and more.

As all the pieces come together, it reveals a very sinister and unnerving twist, which I have to admit, I never saw it coming. Very clever build up and suspense. With short chapters and each one revealing a little more, it delivers a highly intense and enjoyable read.

A clear 5* for Saving Sophie, and I highly recommend you give it a read!

Petra says

A perfect example of a true psychological thriller!

Two police officers deliver your teenage daughter home one night. She is completely incoherent and was found wandering along a road. This happens to Karen, who is an agoraphobic who hasn't been able to leave her house unaided for the past two years. The following morning Karen's daughter, Sophie, is still no clearer about what exactly happened the previous night, but her friend, Amy, is missing and the police start

investigating.

The perspectives are mainly those of Karen and Sophie, but there are also minor chapters from the perspective of DI Lindsay Wade and her colleague DS Mack as well as emails written by somebody whose identity isn't clear.

Both, Karen and Sophie, are very well characterized and although I found myself shouting at them several times, their actions and decisions remained credible considering their backgrounds and circumstances. The family dynamics between mother, daughter and the father, Mike, who remained in the background a lot of the time, were done in a very believable manner.

Because of Karen's frequent panic attacks, there was a lot about breathing in this book, and quite cleverly, it affected my own heart rate several times. I finished this a little while ago and still feel I need to go for a dog walk to calm down. This really was intense, right from the explosive prologue to the utterly brilliant epilogue. I was glued to the pages for the last 30%.

Initially, I was wondering why there was so much focus on Karen. But as the story progresses, Sam Carrington's meticulous plotting reveals secrets and surprises that uncover a very twisted tale and the different strands come together perfectly. There was nothing predictable about this story. Great how social media, the Internet, and our online lives were integrated into the plot. I also loved the setting in Devon with Dartmoor providing a creepy atmosphere.

This is a debut novel from a writer who is clearly hugely talented. I was very pleased to see Sam Carrington is already working on her next book featuring DI Wade and DS Mack.

Highly recommended if you like nail-biting psychological thrillers! Just make sure you have time set aside because you may want to finish this in one sitting.

Many thanks to Harper Collins UK for my ARC via NetGalley in exchange for an honest review.
