



## **The Fourteen Day Soul Detox, Volume Three**

*Rita Stradling*

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Volume three 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. But, I'm not going to yoga with Susan again!~~
- 4) ~~Sleep.~~

Mind

- 5) Take on my daughter's school board.
- 6) Sell my coffee shop.
- 7) Go on a date (not sure who with).

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 Three Details

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## **From Reader Review The Fourteen Day Soul Detox, Volume Three for online ebook**

### **Rabid Reader says**

I like how in this 3rd volume you get more revealing of the back-story, putting visuals to the past and giving us glimpses of what the characters prior emotions and relationships were, but still leaving a bit of mystery to be unfolded. The complexity and duplicity in Jamie's life and relationships blows your mind, couple that with the stress of Clarke and her daughter's school, one wonders how she is still sane. The tension, uncertainty and twists in this volume are great and I loved the use of her past musical connections to push the need for help within school for special needs children. The portrayal of autism in this series is heartwarming and realistic. Again another winning volume and I look forward to reading number four and seeing where this great story is leading.

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### **Geraldine says**

Love this series so much. Everyday challenges written about so beautifully and with so much emotion.

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### **Gretel says**

This was my least favorite installment to date. For me, the most compelling characteristic of this series is its authenticity with real-life struggles. But I just couldn't buy really any of this installment. Famous people making viral videos. Billionaires granting wishes. Creepy neighbor crossing the line from believable creepy guy... to... I don't know. It was either too much too fast or not enough back-story build up. I'm not new to stalkers (what woman is?!), but I wish he would have been made more human.

I'm hesitant to even rate this because I have so much faith that the story will come together better when it is complete.

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