

NEVER MIND THE BOTOX

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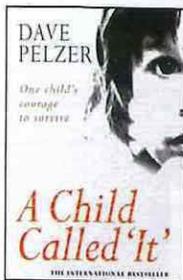
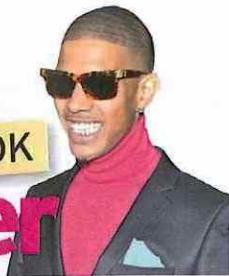
Waterstone's

Cosmetic Surgery Today

Gardners Christmas Catalogue

MY FAVOURITE BOOK

Fazer



A Child Called 'It'

Dave Pelzer (Orion, £6.99)

"I read this a while ago, but it's a really touching story that stays with you. It's about [the author's] upbringing and his abuse by an alcoholic mum and how he deals with it. The way David is neglected and all that he goes through is harrowing. It's definitely a must-read book."

Tina Fey's book: best bits

The funniest lines from the *30 Rock* actress' hilarious autobiography, *Bossypants*, out now in paperback. . .



In September, my daughter was born. (For the record: epidural, vaginal delivery, did not poop on the table)

Wear a bra. Even if you don't think you need it, just... you know what? You're never going to regret it

Do I think Photoshop is being used excessively? Yes. I saw Madonna's Louis Vuitton ad and honestly, at first glance, I thought it was Gwen Stefani's baby

I was certain that he would eventually be so impressed with my ability to eat like one of the guys that he would want me to be his girlfriend

HEAT'S TOP FIVE BOOKS

The best books for you to be reading right now!



1 Horse Play

Jo Carnegie (Corgi, £6.99)

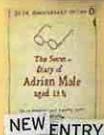
More racy goings-on in Churchminster as Olympic dressage medallist Javier sets pulses racing. ★★★★★



2 Never Mind The Botox: Rachel

Penny Avis & Joanna Berry (Matador, £6.99)

The second book in this series follows accountant Rachel as her high-flying career and love life crumble. ★★★★★



3 The Secret Diary Of Adrian Mole Aged 13 3/4

Sue Townsend (Penguin, £7.99)

The 30th-anniversary edition of this classic includes a foreword from David Walliams. ★★★★★



4 Before I Go To Sleep

SJ Watson (Black Swan, £7.99)

The gripping story of a woman who forgets everything each time she goes to sleep. ★★★★★

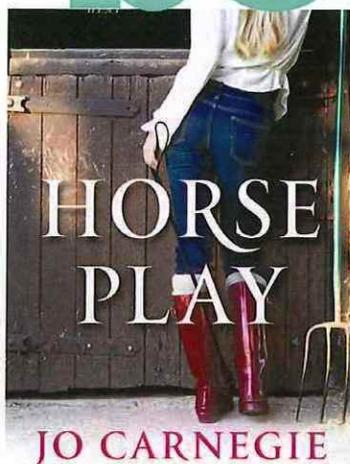


5 Saving CeeCee Honeycutt

Beth Hoffman (Abacus, £7.99)

This bestselling US novel follows 12-year-old CeeCee as she's whisked into the care of her great-aunt. ★★★★★

heat review books



horse play JO CARNEGIE (Corgi, £6.99)

In a nutshell: This time of year always makes *heat* want to move to the countryside. A life spent inside, hunkered down in a Winnebago, drinking Champagne from the navel of a showjumping stud seems way more appealing than the daily commute. What do you mean that's not the real countryside? It is in Churchminster and this, the latest in ex-*heat* staffer Carnegie's series of books set in the (sadly) fictional village, has us eyeing up more cottages than Kirstie and Phil. This time, there's new blood pumped (literally) into the village by tacky

Never Mind The Botox



PENNY AVIS & JOANNA BERRY

TOWIE-esque neighbours Barry and Cheryl and the broodingly mysterious Olympic dressage medalist Javier. How will these newcomers settle into village life? With a bang...

What's right with it? Fabulously escapist and one hell of a page-turner, it's definitely the most fun you'll get for £6.99 this January.

What's wrong with it? *heat* wouldn't have minded some, ahem, illustrations of the gorgeous Javier's resplendent form.

Verdict: The best cure we've found for the January blues.

★★★★★ @StarStyleJo

never mind the botox: rachel

PENNY AVIS & JOANNA BERRY (Matador, £6.99)

The plot: The second book in the *Never Mind The Botox* series - following four professional women all working on the mega-bucks sale of a cosmetic surgery business - centres on Rachel. She's a sensible, successful corporate accountant by day, but is constantly led astray (and down to the pub) by her party-mad boyfriend Harry as soon as she clocks off. But when she uncovers some dodgy dealings at work and a juicy secret about her boss that could seriously jeopardise her chances of a promotion and confides in Harry, will he step up to the mark? Of course he won't! That man has "waster" written all over him.

What's right with it? If you're bored of the usual chick-lit formula

- hopelessly scatty woman in a dead-end job desperately hunts down Mr Right - the smart characters in a swish corporate world provide a fresh twist, and although "corporate accountant" doesn't scream fun, you won't feel bogged down with industry jargon. We want a job in the City now, please.

What's wrong with it? The plot is slightly predictable in parts, and the constant references to whether there'll be any celebs popping by for a quick boob job or trout pout feel a bit forced.

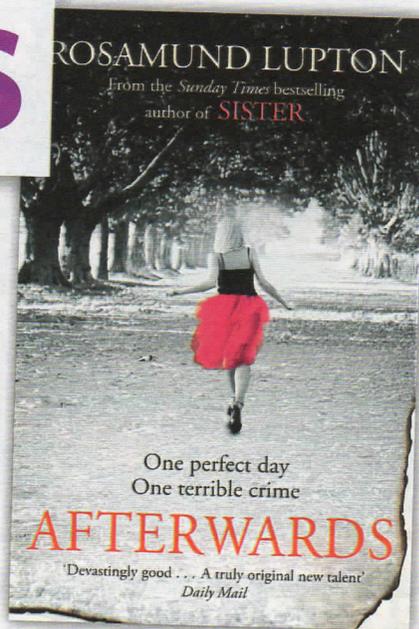
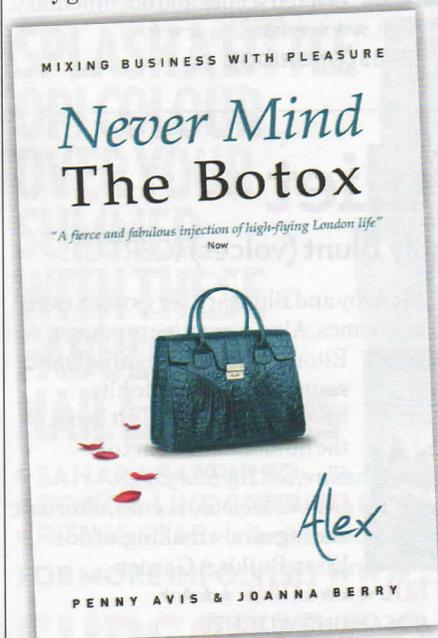
Verdict: A familiar mix of sex, celebs and crap boyfriends, but packaged into a smart read that's now in development to be made into a British SATC-style TV series! ★★★★★ @deborah_heat

BOOKS

Never Mind The Botox

PENNY AVIS & JOANNA BERRY
(MATADOR, £6.99)

THE PLOT: Alex Fisher is a high-flying City lawyer trying to pull off the deal of her life and organise her perfect wedding at the same time. When both projects start going distinctly pear-shaped, will it be her career or love life that really needs rescuing?
WHAT'S RIGHT WITH IT? Wowee! Chick-lit that knows women can have careers and don't just exist in a world of expensive shoes and unsuitable men! With plenty of glamour, pace and excitement, it's a worthy beach read for anyone tired of the typical girl-meets-boy offerings.
WHAT'S WRONG WITH IT? Sometimes the legal speak can feel heavy-handed.
VERDICT: A fab idea and, as the first of a series of four, we're sure things can only get better. ★★★★★ **JO HOARE**



Afterwards

ROSAMUND LUPTON (PIATKUS, £7.99)

THE PLOT: When Grace and her daughter Jenny are caught in a ferocious school fire, they're taken to hospital, unconscious, and with little chance of surviving. But, as their grieving family learn about a hate campaign against Jenny, and then her medical equipment is tampered with, they're soon plunged into a murky arson investigation. Also, in a supernatural twist, the critically injured Jenny and Grace are able to leave their bodies and invisibly wander amongst the list of suspects.
WHAT'S RIGHT WITH IT? The smartly crafted characters create an addictive whodunnit, and following the story from Grace's vantage point means you're always in the thick of the action.
WHAT'S WRONG WITH IT? Having the two main characters unable to communicate with any of the other people in the book occasionally feels very frustrating.
VERDICT: The book flits between a fast-paced criminal investigation and the beautifully written musings of Grace as she hears that she and Jenny will probably never wake up, making this an unmissable read.
★★★★★ **DEBORAH FRASER**

HEAT'S TOP TEN BOOKS

THE BEST BOOKS FOR YOU TO BE READING RIGHT NOW!



1 AFTERWARDS

Rosamund Lupton (PIATKUS, £7.99)
When a school is torched in a horrific arson attack, a mother must find out who has it in for her teenage daughter. A brilliant whodunnit. **SEE REVIEW** ★★★★★



2 BED

David Whitehouse (CANONGATE, £10.99)
Our assistant editor has only gone and written a totally extraordinary and original novel about a grotesquely fat man confined to his bed. ★★★★★



3 TO MY BEST FRIENDS

Sam Baker (HARPER COLLINS, £7.99)
When Nicci dies, she leaves each of her closest friends a prized possession to help them evaluate an area of their life that is falling apart. Smart, poignant and real. ★★★★★



4 KISS HEAVEN GOODBYE

Tasmina Perry (HEADLINE, £6.99)
When four students celebrate the end of exams on a luxury private island, one sinister night changes their lives forever. Tasmina's brilliant novel is now out in paperback. ★★★★★



5 STACEY: MY STORY SO FAR

Stacey Solomon (PENGUIN, £16.99)
OMG! Stace has written a book about her rise from teen mum to X Factor star and jungle queen, packed with pics and anecdotes about adjusting to life in the spotlight. ★★★★★



6 NEVER MIND THE BOTOX

Penny Avis & Joanna Berry (MATADOR, £6.99)
The first in a four-book series set in the world of cosmetic surgery. First up is Alex, whose wedding plans get complicated when she meets a hot junior lawyer. **SEE REVIEW** ★★★★★



7 FAME

Tilly Bagshawe (HARPER COLLINS, £7.99)
The glitzy Hollywood crowd look as if they have it all, so we love this fab slice of fiction that reveals the backstabbing and desperation beneath the surface. ★★★★★



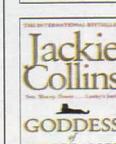
8 WATER FOR ELEPHANTS

Sara Gruen (TWO ROADS, £7.99)
If you've become obsessed with R-Pattz frolicking with Rosie the elephant and Reese Witherspoon in the film, get your mitts on the best-selling book. ★★★★★



9 NOTES FROM MY KITCHEN TABLE

Gwyneth Paltrow (BOXTREE, £20)
OK, the cover is a bit cheesy, but Gwyn gives us all some food for thought with her choice of healthy, family-friendly and, most importantly, tasty recipes. ★★★★★



10 GODDESS OF VENGEANCE

Jackie Collins (SIMON & SCHUSTER, £14.99)
Lucky Santangelo returns, as lusty and filthy rich as ever. But how will she cope when a billionaire businessman arrives to destroy everything? ★★★★★

CULT NOVELS: OUR PICKS!

LIFE ISN'T ALL ABOUT CHICK-LIT (MUCH AS WE LOVE IT), SO HERE ARE SOME ALTERNATIVES...

REVIEWS EXTRA

ELLIOT ALLAGASH
SIMON RICH (SERPENTS TAIL)

If you love teen flicks like *Mean Girls* and *Clueless*, welcome to their literary equivalent. Cool, smart and laugh-out-loud funny, *Elliot Allagash* tells the story of a New York teen billionaire who, for his own entertainment, transforms the class loser into the coolest kid in school. ★★★★★



THE LITTLE WHITE CAR
DANUTA DE RHODES (CANONGATE)

This charming novel from Dan Rhodes (using a pseudonym) follows Parisian Veronique, who drives drunk through a tunnel after a break-up. The next day she wakes up convinced that she caused the accident that killed Princess Diana and tries to cover up the evidence. ★★★★★



WETLANDS

CHARLOTTE ROCHE (FOURTH ESTATE)

Eighteen-year-old Helen is in the proctology ward at hospital. When she's not plotting ways to get her divorced parents to "accidentally" meet, she's thinking about her sex life or bodily secretions. *Wetlands* isn't for the faint-hearted, but it is a unique and compelling read. ★★★★★



going out

MUST-SEE TV

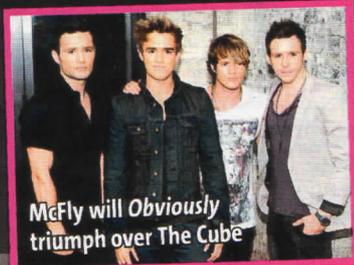
11-17 June

Camelot

Saturday 11 June 9.20pm C4

One Merlin on our screens just isn't enough it seems, as hot on the heels of the Beeb's take on the Arthurian legend (back in the autumn) comes this more grown-up affair with Joseph Fiennes playing the sorcerer.

Dark and compelling, this definitely isn't one for younger kids but should delight purists.



McFly will Obviously triumph over The Cube

The Cube Celebrity Special

Saturday 11 June 8.40pm ITV1

We love the McFly boys here at *Bella*, so we're excited to see that they're competing in this celebrity special of the Bafta award-winning game show.

We're hoping that the more physical tasks will be doled out to Harry (far left), if only to see those rippling muscles in action!

Luther

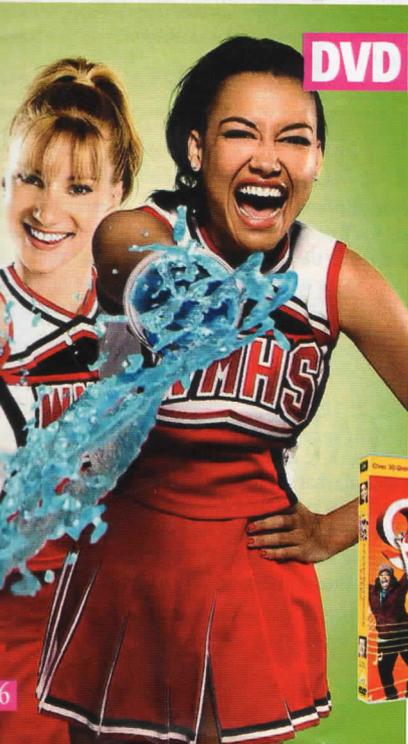
Tuesday 14 June 9pm BBC1

The rather wonderful Idris Elba, most recently seen steaming up the small screen as a very handy man in *The Big C*, returns in a second series of this superior crime drama, this time hunting a serial killer who carries out ritualistic murders in historic locations.

With the excellent Ruth Wilson also starring, this is well worth your time.



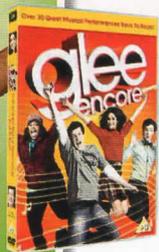
Ruth and Idris are back and back-to-back



DVD

Glee Encore (PG)

The *Glee* crew are descending on the UK soon, bringing their bubblegum-bright pop to a live venue near you. So this is a timely release to inspire the Gleek in your life to sing and dance along to some of the gang's musical highlights.



There are over 30 tunes such as *Don't Stop Believin'* and Jane Lynch's marvellous Madonna tribute, *Vogue*. Brilliant!

DVD

The Crimson Petal And The White (15)

We loved this BBC adaptation of Michel Faber's novel. Full of looming shadows and twisty lanes, you can almost smell the stench of Victorian London as you're taken through their city's red light district to Mrs Castaway's brothel (with a brilliantly sleazy performance from *The X-Files*' Gillian Anderson).

Chris O'Dowd from *The IT Crowd* is almost unrecognisable as factory heir William, who finds solace from his disturbed wife with charismatic prostitute Sugar (Romola Garai).



BOOK

Never Mind The Botox:

Alex by Penny Avis and Joanna Berry (Matador, £6.99)



This is the first in a series celebrating the lives and loves of four professional women all linked to a business deal surrounding a London cosmetic surgery clinic.

When lawyer Alex is employed to look into the takeover of the Beau Street Group by a US company, she uncovers dodgy dealings and botched procedures. Can she save the deal and her relationship? Good fun and just a little bit different.



Sex in two cities

Although rumours that *Sex And The City* is returning to TV have been denied it seems a prequel *is* on its way – featuring a teenage Carrie Bradshaw in the 1980s

before she moves to New York.

But this time writer Michael Patrick King won't be involved, saying: 'I thought Carrie only existed in Manhattan.'

Meanwhile, we might be getting our very own SATC, as Penny Avis and Joanna Berry's *Never Mind The Botox* novels, about four sassy professional women, look set to become a TV series. We can't wait!

SOAPWATCH



EASTENDERS *BBC1*
Max and Vanessa get engaged – but just days after proposing, the lothario almost ends up kissing ex-wife Tanya. Janine’s quizzed by police officers when her nan Lydia passes away. Did she murder her? Ronnie’s given a date for her court hearing and Afia bans Mas from the wedding.



CORONATION ST *ITV1*
Steve appoints a new manager at the Rovers Return – fresh Corrie arrival Stella – and Tracy isn’t happy. Still upset at being betrayed by Xin and Graeme, Tina vows to expose their sham marriage. Dev goes down on one knee and proposes to Sunita – will she accept?



EMMERDALE *ITV1*
Ashley refuses to lead Jackson’s funeral service because he doesn’t approve of what Hazel did. Rhona’s relationship with Paddy is tested when she spots him with Chas. Cain plots to make a profit from Charity’s illegal deal. Jimmy receives his divorce papers.



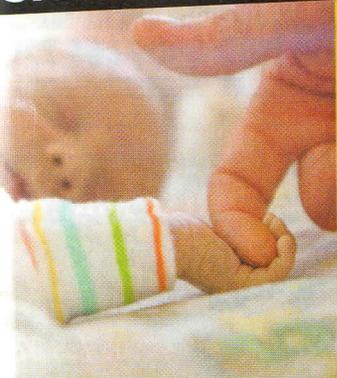
HOLLYOAKS *Channel 4*
Mercedes and Carl make Jacqui a lucrative offer when she confronts them about their affair. Will she take their hush money? Cindy makes an effort to get to know Dodger better. Diane bans Bart from seeing Sinead and Cheryl finds out who her mystery admirer is.

MEANWHILE DOWN UNDER...

NEIGHBOURS *Channel 5* Karl’s left fuming when Susan exposes Libby’s fake relationship with Lucas.

HOME & AWAY *Channel 5* Angelo wakes up from his coma – will he be able to remember what happened to him?

SHOCK DOC OF THE WEEK



BABY HOSPITAL

ITV1, 9pm, 14 June

This heart-wrenching series looks at the plight of sick newborn babies in the Neonatal Unit at Liverpool Women’s hospital. With unique access to the ward, the show focuses on babies born as early as 16 weeks, teetering on the brink of death and life, and their families’ stories.

REVIEWS



Here’s hoping they’re Back For Good

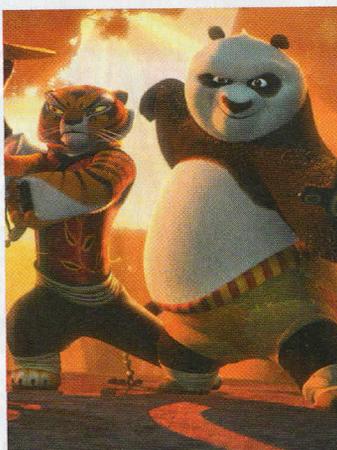
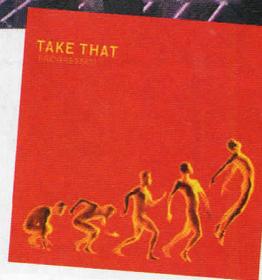
A Million Love Songs Later

TAKE THAT

Album **Progressed**
Out **13 June**

We’re totally giddy with excitement at the fact that our favourite man band are back on the road – with prodigal son Robbie no less – and what better way to welcome them back into our hearts than with this new album? Yes, we’ve got our hands on a copy of their latest offering – a double-disc set

featuring their record-breaking record Progress plus eight brand spanking new tracks from the Take That vault, which the lads felt were just too good to keep from us any longer. Newly crowned X Factor judge Gary takes the reins as lead singer on even more tunes this time as the fabulous fivesome prove they’re back to their best. We’ll happily fork out to buy this updated offering if it means keeping Robbie, Gary, Mark, Jason and Howard together! We love it. ★★★★★



KUNG FU PANDA 2

At cinemas **10 June**
Starring **Jack Black, Angelina Jolie, Gary Oldman**

Martial art masters Po (Black) and the Furious Five are back. This time, they must defend the Valley of Peace from a new evil when Lord Shen (Oldman), an albino peacock, shows up with a powerful weapon that threatens to destroy kung fu and all of China. It’s guaranteed to entertain the kids, but you’ll be laughing out loud alongside them, too. ★★★★★

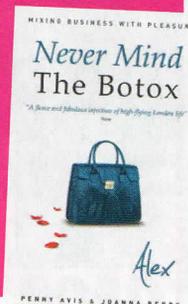
BOOK OF THE WEEK

NEVER MIND THE BOTOX

Penny Avis & Joanna Berry

City lawyer Alex has everything under control. She’s planning her dream wedding and she’s on her way to making partner in her law firm. But while working on the sale of a cosmetic surgery business, her team discover something dodgy that could threaten her career. Injected with fierce and fab humour, it’s a must-read.

★★★★★



PHWOARRTY forties!

TV



Mad Dogs
Sky1, 9pm, 19 January
The bezzie mates are back for a second series of madness in Majorca. They may be a touch, ahem, mature, but here's why it's OK to fancy them...

PHILIP GLENISTER

We've swooned over Phil, 48, ever since his days as Gene Hunt in *Life On Mars* and *Ashes To Ashes*. We wouldn't mind taking a ride in that Audi Quattro.

MARC WARREN

The dark horse. We'd love to get under his skin – or at least his shirt. Bet Marc, 44, and Abi Titmuss got up to lots of mischief when they dated.

JOHN SIMM

Intelligent, cute, sensitive, there's plenty to love about John, 41. He also played the Master on *Doctor Who*. Wonder if he fancies a mistress?

MAX BEESLEY

There's something about Max, 40. He trained as a musician, so he can tickle our ivories any time. And he's pals with Robbie Williams.

Or if you prefer your men geeky...

HOT NERD

Alert

TV

Stargazing Live

BBC2, 8.30pm, 16 January
Science got sexy when Brian Cox came on the scene to tell us about neutrinos and black holes (see, we were listening). So feast your eyes on the universe's hottest geek over three nights – each show is followed by panel discussion *Stargazing Live: Back To Earth*.



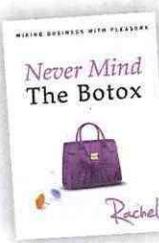
Words: Karen Dunne, Marie-Anne Hamilton, Laura Baradinsky, Beth Sheering; Photos: Featreflash, Reape, Bigpicturephoto.com, Photoshot



TV

Shock DOC

Kate Thornton: Anorexia – My Secret Past
Channel 5, 10pm, 18 January
TV presenter Kate Thornton takes a candid look back at her eating disorder experience and meets a series of experts and fellow sufferers. It's an emotional journey for Kate as she learns just how much of a toll anorexia takes on young, impressionable girls and their friends and family.



City SLICKER

BOOK

Never Mind The Botox: Rachel by Penny Avis and Joanna Berry **Out 16 January**
The second book in the NMTB series, this story follows feisty financier Rachel's dealings with the infamous Beau Street Group clinic and her relationship with boyfriend Harry. A sassy read that gives a real insight into the fast-paced life of a city girl.

Rock that BODY

CD

The Workout Mix 2012 (Universal) out now
If hitting the gym feels like pulling teeth, get motivated with this pumping set, featuring the likes of Ri-Ri, Lady Gaga and J-Lo. It includes two CDs, a 30-minute DVD workout and a free seven-day pass to Fitness First.



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127 Hours [15]

Stars: James Franco, Kate Mara, Amber Tamblyn, Sean Bott

What's the story? Extreme sports enthusiast Aron Ralston (Franco) heads to remote Utah for a spot of climbing. But when a boulder falls, trapping his arm, he's literally stuck – without a mobile or anyone knowing where he is. As the days pass, it's clear there's only one way for Aron to free himself...

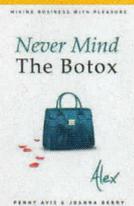
What's it like? *Slumdog Millionaire* director Danny Boyle's Oscar-nominated film took a challenging premise and transformed it into an unforgettable movie experience. While there are some gruesome scenes, this true story is more about Aron's state of mind as he waits for help, with only his imagination for company. **Verdict:** Deserving of all the hype. **Extras?** Commentary, deleted scenes and T4 movie special. ★★★★★



Never Mind The Botox: Alex

Penny Avis and Joanna Berry (€6.99, Matador)

Lawyer Alex Fisher is working on the sale of a cosmetic surgery business. Her relationship with Elliott is in jeopardy and celeb patients' secrets are leaking out. With their own business experience, the authors have created a top read – the first in a four-part series. ★★★★★



Afterwards

Rosamund Lupton (€7.99, Piatkus)

After saving her daughter from a fire, Grace finds herself in hospital having an out-of-body experience. From the writer of the acclaimed novel *Sister* comes this moving story about a mum's desperation to keep her family safe. It's a bit frustrating at times, but you're likely to be in tears by the end! ★★★★★



Just Business

Geraint Anderson (€12.99, Headline)

Successful city boy, Steve Jones, is looking forward to an early retirement and, with the money he's earning, he shouldn't have to wait long. However, when he hacks into his boss' computer and becomes the prime suspect in a murder case, he has to go on the run. *Cityboy's* author revives the excesses of this world in a laddish and memorable style. ★★★★★



The Sick Rose

Erin Kelly (€14.99, Hodder & Stoughton)

Louisa and Paul come from very different backgrounds but find themselves bonding at an Elizabethan mansion in Warwickshire. While Louisa is there as a gardener, Paul has been sent there as part of a protection programme after his involvement in a serious crime. After the success of *The Poison Tree*, Erin Kelly has conjured up another intriguing novel that will draw you in from the start. ★★★★★



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Glee Encore [PG]

Stars: Lea Michele, Chris Colfer, Jane Lynch, Matthew Morrison

What's the story? Some of the best songs from Season One uninterrupted, including 'Don't Stop Believin'' – woo-hoo! **Extras?** Zilch. ★★★★★



Gnomeo & Juliet [U]

Stars: James McAvoy, Emily Blunt

What's the story? Love blossoms between garden gnomes Gnomeo (McAvoy) and Juliet (Blunt) amid family rivalry in this brilliant comedy. **Extras?** Featurettes. ★★★★★



The Mechanic [15]

Stars: Jason Statham, Ben Foster

What's the story? Tough guy Jason Statham plays assassin Arthur Bishop, whose goal is to avenge his mentor's death. **Extras?** Deleted scenes and much more. ★★★★★



It's Kind Of A Funny Story [12]

Stars: Keir Gilchrist, Zach Galifianakis

What's the story? A few days in a psychiatric ward changes teenager Craig's (Gilchrist) life. **Extras?** Plenty. ★★★★★





DVDS

BOARDWALK EMPIRE: SEASON 1 (18)

Stars: Steve Buscemi, Michael Pitt, Kelly Macdonald, Michael Shannon, Stephen Graham, Shea Whigham

What's the story? It's the beginning of the Prohibition era in America, and due to his status as Atlantic City treasurer and bootlegger, Enoch "Nucky" Thompson (Buscemi) is a powerful man. It's also useful that sheriff Elias (Whigham) is his brother. In fact, with a social circle including Al

Capone (Graham), Nucky's mixing with some of the most notorious names of the time.

What's it like? Beautifully filmed and based on real people, *Boardwalk Empire* is one of the biggest dramas to emerge recently. Steve Buscemi leads a fantastic cast in this lavish production, which has an emotive soundtrack to accompany thrilling plots.

Verdict: Get in an Empire state of mind!
Extras? Making Of, commentary and lots more. ★★★★★



THE SLAP (12)

Stars: Melissa George, Jonathan LaPaglia, Sophie Okonedo

What's the story? A man slapping someone else's child at a family barbecue sets off an unstoppable chain of events.

Extras? None. ★★★★★



COLOMBIANA (15)

Stars: Zoë Saldana, Cliff Curtis

What's the story? After witnessing her parents' murder, Cataleya (Saldana) seeks vengeance, whatever the cost. A powerful performance from Zoë. **Extras?** Making Of and trailer. ★★★



PATRICK MONAHAN LIVE (15)

Stars: Patrick Monahan

What's the story? Winner of TV's *Show Me The Funny*, Patrick Monahan shows exactly why he won in his hilarious debut DVD!
Extras? Lots. ★★★★★



CELL 211 (18)

Stars: Alberto Ammann, Luis Tosar

What's the story? This incredible thriller tells the story of prison guard, Juan (Ammann), who poses as an inmate during a riot in an effort to survive.

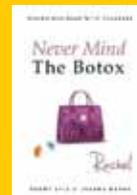
Extras? Featurettes. ★★★★★



NEVER MIND THE BOTOX - RACHEL

Penny Avis and Joanna Berry (£6.99, Matador)

Rachel Altman is an ambitious corporate accountant whose company seals a deal with cosmetic surgery outfit, Beau Street Group. But a shocking discovery and an impossible situation arise, worsened by a betrayal. The second in the 'Botox' series is fabulous fun! ★★★★★



JUBILEE

Shelley Harris (£12.99, Weidenfeld & Nicolson)

Cardiologist Satish is settled with a family. But he is terrified of revisiting the past when a project is launched to reunite the subjects of a 1977 Silver Jubilee street party photo, of which Satish was the star. Racism, childhood relationships and hidden secrets are explored in Shelley Harris' debut novel. ★★★



18 MINUTES

Peter Bregman (£9.99, Orion)

Everybody is busy. With work, social commitments and family life, it's sometimes hard to see how you'll get everything done. But Peter Bregman claims to have the solution in time management. Rather than trying to get everything done, he advises you say no to distractions and get the important stuff done. A fascinating read with gems of advice. ★★★★★



TIDELINE

Penny Hancock (£12.99, Simon & Schuster)

When teenage family friend Jez visits vocal coach Sonia to borrow music, she decides to keep him prisoner. He remains trapped with her, while his loved ones are frantic and his unlikely captor is reminded of people from her past. Incredibly descriptive and chilling all at once, this thriller is an accomplished debut from Penny Hancock. ★★★★★



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