



Cookie Therapy (Northwest Suburbs #4)

Karla Brandenburg

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To escape notoriety from her role in the school shooting she barely survived, Elizabeth Lambert moves from Houston to Hoffman Grove, Illinois. Plagued by panic attacks and nightmares, she's determined to embrace her second chance at life, knowing that death could take her in an instant. A one-night stand with a local handsome firefighter should remind her that she's alive, but like a good cookie, once is not enough to satisfy her craving. Will he reject her when he learns about the blood on her hands?

Firefighter and paramedic Matt Billings fights his attraction to the alluring new bookshop manager. She dangles a one-night stand under his nose, but the last time he gave in to such an offer he ended up with a child. He is determined to be a better man than his philandering father. Can he convince Elizabeth that her past is not as terrifying as suddenly being a parent, and a relationship is worth more than just a checkbox on her bucket list?

Cookie Therapy (Northwest Suburbs #4) Details

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Author : Karla Brandenburg

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From Reader Review Cookie Therapy (Northwest Suburbs #4) for online ebook

Tina Whittle says

Food and love, love and food. Add a hunky firefighter, and what's not to love? If you like your romance nicely naughty, your HEAs well-earned, and your heroes sweet-hot, then this is a book you'll relish.

Heather andrews says

I really loved Matt, I thought he had a good attitude, "the only reason I'm willing to let you out of this bed now is that there's a table full of food downstairs. We either have to eat it or put it away." As his t-shirt had advertised, he did indeed have a long hose." I really enjoyed this heartwarming story, it was sweet and even the naughty bits were sweet. I loved Matt he was a great protector and lover.

Deb Diem says

Cookie Therapy is my first book by Karla Brandenburg and a great surprise. This is a well written book, a very smooth read. Ms Brandenburg has loaded this book with drama, sizzle and a ton of humor. Her characters are lovable, charming and make this book fantastic. Elizabeth and Matt's story had me laughing all through the book. I enjoyed Cookie Therapy and look forward to reading more from Karla Brandenburg in the future. Cookie Therapy is a complete book, not a cliff-hanger.

I received an ARC of this book for review purposes.

Karla Brandenburg says

BookLife Prize for Fiction

<http://booklife.com/project/cookie-th...>

Plot/Idea: 9 out of 10

Originality: 9 out of 10

Prose: 10 out of 10

Character/Execution: 10 out of 10

Overall: 9.50 out of 10

Assessment:

This captivating, heartwarming contemporary is perfect blend of romance and poignancy as a couple effectively addresses the aftereffects of tough choices from their past. Timely and relatable topics elevate the story above ordinary. This well-crafted novel is supported by deftly crafted secondary characters, small town charm, and consistent pacing, while sensitive issues are handled with grace. While this book works very well as a standalone, readers will be interested in reading the entire series.

Rosie says

Young Paramedic, Matt Billings, is constantly worried that he has turned into his no-good, cheating father. Having cheated on his fiancée, Matthew had become a father almost two years ago. Although he regretted losing both of the women in his life, he couldn't love his infant son, Trey, any more if he tried, but worries that he will destroy Trey's life if he sues for sole custody. Determined never again to fall victim to his desires, Matt swears off women, throwing himself into his work until Elizabeth Lambert mysteriously arrives in town. Haunted by night terrors and flashbacks, Elizabeth is determined to keep to herself, only using men to briefly take her mind of what had happened that day. After treating an injury and seeing Elizabeth's bullet wound, Matt researches her past, only to find out that she had been a school teacher - the victim of a mass-shooting – and had watched as her students had been gunned down in front of her. But her biggest secret of that day is one that she is determined to take to her grave. With both Matt and Elizabeth having such low self-esteems, they are taken by surprise at the fact that they start falling for each other. With a secret as big as the one Elizabeth carries, only fate will determine what the future holds in store for them both.

Bravo! Karla Brandenburg's book is filled with highly sensitive topics, yet is well-written and presented in such a way that I shed many tears. Several different characters, each with completely different personas and backgrounds, interact in such a way that strong emotions are shaken hard (but not stirred). Elizabeth's constant denial that she needs help, and her insistence that she can deal with the trauma of what had happened that day on her own, is something that many people with PTSD go through. Some disconnect completely from reality when an anxiety attack is triggered. I liked that Matt was concerned enough for this stranger that he chose to look deeper for answers, in order to try and help Elizabeth onto the road to recovery. Even with his own problems and self-doubts, Matt had enough compassion to see Elizabeth through her darkest of days, opening up the possibility that there might be a light at the end of both of their dark tunnels. I enjoy stories that are complex, and Cookie Therapy is one of the most tightly interwoven, suspenseful and powerful reads I have ever come across. I recommend it to those over the age of 15 years who like bumpy roads, twists and turns wrapped up in a delicately balanced romance-drama.

- Rosie Malezer for Readers' Favorite

CJ - It's only a Paper Moon says

This took me awhile to get into and by the time I did, I lost interest again.

The problem with this book was that it wasn't sure if it wanted to be woman's fiction or just a straight romance, it could've worked if they had figured out how to combine it and made it a fiction for woman then maybe.

Either way, the characters weren't fully developed, the tragic mystery wasn't too much of a mystery and the characters weren't developed enough for me to sympathize over her self-guilt.

Though the cover makes it look like a beach read or a light and fun romp, it is not. There are some serious issues and the resolution was a little too happy and quick.

And the cookies? Pointless.

NetGalley and publishers are thanked for an ARC in exchange for an honest review

Lisa Diven says

Since this is Romance Week, a romance novel was in order. This is the first book I've read by Brandenburg and I can see why Cookie Therapy is an award winner. The story engages the reader from the onset - Elizabeth a newbie in town, taking over her aunt's bookstore and Matt, a fireman working to care for his young son. Both are clinging to the baggage of the past, the possible complications of the future, but can they work past their fears and discover happiness together? The book has a somewhat Debbie Macomber "feel" but with hotter sex scenes! I look forward to reading additional Brandenburg books which follow other characters we meet in this novel. So get some milk and cookies - or something stronger - and cuddle up with this steamy read. You won't be disappointed.

Char (1RadReader59) says

Witnessing trauma is bad enough. When you are involved in it and then made to feel you caused it well... Your whole world gets turned upside down and you become not sure what is real and not real. So your stuff it all down and become not willing to talk about it.

Yet, when you have been told your whole life you are a no one or at least given that impression then you believe and accept anything you are told. When tragedy struck in Elizabeth Lambert's life her mother thought it best that with all the press that she leaves Houston and go to her Aunt Brenda Mead's. She is a former high school teacher in Hoffman Grove.

You see her aunt needs a manager at her bookstore for the one she has is leaving. Since her aunt had retired she no longer wanted to work the store. So she asked Elizabeth to come and manage it. Which she was happy to do. Elizabeth up until she started high school used to come for a month every summer until her uncle died. It was the only time she truly felt loved. Her mother had told her she makes her aunt sick so she could stay with her anymore in the summer time.

Her travels from Texas to her aunts was a wild ride and ever since the event in her life cookies took on even more meaning. They were real stress relievers. Before arriving at the house she stopped at the grocery store to get some from the fresh bakery. She got the ones in the clear plastic container. When she went to open it she sliced her hand to where she cut it but good. BLOOD! A LOT! SPOTS! A lot before her eyes and she was feeling light headed.

Luckily two paramedics are walking in as she is going down. The one that gets to her first is Matt Billings one of the most eligible and sexy bachelors in town. He sees what's going on and rushes to her side and guides her to the ground and put her head between her legs. When Ted his partner cleans the blood they see she needs stitches, granting her a free ride in their chariot.

While in the back with her Matt starts to notice her beauty and how attracted he is to her. Something that has never happened while attending to a patient. His body was even coming alive another first for him that he had hushed a little over 2 years ago after his affair that caused his break up with his fiancé, Audrey. He was granted a baby with Shannon a woman from hell. Although he never wanted children he loves his son Trey immensely.

Now here was this woman Elizabeth who was way tempting. But he knew there was a story of trauma somewhere because of the way she reacted to the blood. PTSD either military or some other form of trauma or tragedy. After they dropped her at the hospital he sees her again at Mrs. Mead's again that night. There was a car accident and it was in front of her home. Then you start to see the small town living kick in. The hotlines and fix-ups. They don't gossip the share out of love. They are the "Family of Friends" misfits from high school who came from difficult backgrounds who have always been there for one another no matter

what.

I really enjoyed this book. There was so much to laugh about in this book and yet the author was able to bring the reader along through her trauma with her feeling her emotions without making it feel too overwhelming for the reader. Then coming out the other side at each stage of healing. The small town antics were hilarious. The makeshift family I love which I have had several times throughout my lifetime and those friends you never forget. One call and you're there ready and wait to know what they need if they called. May need to juggle but just ask and I am there. They are that way with us too. Forever friend/family. I love the way it was so true to life and really funny. The whole story dynamics just worked. I give this 5 ++++ stars. Provided by netgalley.com. Follow us at: www.1rad-readerreviews.com.

Maggie says

Elizabeth is somewhat accident-prone. That's how she meets Matt the firefighter. He comes to her rescue when she slices her hand open on a box of cookies. The fireworks are immediate, but each has reasons not to get involved in a relationship.

Life intervenes, as does Elizabeth's aunt and Matt's mom. Despite their intentions to get their act together first before becoming a couple with anyone, Matt and Elizabeth grow their relationship and save each other.

A heartwarming romantic suspense. I love reading Karla Brandenburg's books.

Maggie Toussaint and Rigel Carson for Muddy Rose Reviews

Karen Loomis says

Wonderful read that tackles many challenges seen in the real world when people are looking for their own happily-ever-after. There is at least 2 sets of problems brought into each relationship between 2 people. Elizabeth brings issues from childhood to a very recent trauma that any normal person would have issues with. Matt has the challenge of becoming a full-time father and overcoming poor decisions in his past and working to get all that smoothly into a new relationship that both expect and desire it to be life-long. Realistic aspects make the story better. Well-written and kept my attention.

Stephenee says

* I received a copy of this book through the Goodreads first reads giveaway program. *

I enjoyed this sweet story from start to finish! The reader's attention is grabbed from the first paragraph and the author never lets the reader go. There was plenty of drama, romance, angst and unpredictable-ness in this story. The reader instantly falls in love with the characters and wants them to have nothing less than a happy ending. Sit back and enjoy this book - you will be craving cookies and small town romance once you are finished!

Gaye Mcadams says

This book is all about overcoming, overcoming mistakes, overcoming being badly treated, overcoming trauma and about coming closer to being whole. I loved this romance, a story of two wounded people who come together and are able to bring out the best in each other. Beth was raised by a cold and frightened mother, and survived a school shooting. Matt is a fireman, and is trying to raise a young son and make sense of his past errors. The author shows them growing and changing, being willing to take a risk and it leads to a very satisfying ending. I received a copy of this book in exchange for an honest review. It was a win-win, I really enjoyed the book!

Aline says

Chocolate Chip

I voluntarily read this ARC book. It was a awesome read. It was a quick day read. The story of Matt a fireman et Elizabeth a teacher turned hero. Elizabeth has demons from the past. A troubled childhood a mother who didn't know how to love her. Matt who as a high school student found a young love. Then a few years after a betrayal became a father. Now Elizabeth wants a night with Matt. Will they find love ? Will all the friends/family interfere ?
A definite recommend. Grab it now.

??Trea says

I was surprised to learn that this book was part of a series, but thankfully, that didn't impact me when reading it. However, it is more of a 3.5 star read than an actual 4 star one.

Elizabeth and Matt both had issues about their pasts, but they also had a hard time talking about it to both each other and others. That made for a lot of back and forth whining about it, which got annoying quickly. Thankfully, the plot was interesting enough to keep this book from getting into DNF territory.

The cast of characters is well-developed, and mostly paired off. However, they are developed in such a way as to keep the focus on Matt and Elizabeth and not distract the reader into wondering about their stories.

All things considered, this was a good book, but lacked real greatness. Not sure I would continue with the series...

poppy says

What a lovely story this is a great book so well written didnt want to put it down and i just loved it recommended to all
