



Limits

Susie Tate

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For as long as she can remember Millie has had her limits. Staying within them keeps her isolated, safe; helps her to cope. Why then have they started to feel so stifling? Why is her loneliness starting to rival her fears?

When she watches him she wishes she could be normal; she wishes she could be like the people he interacts with so seamlessly. Pavlos Martakis is her complete and total opposite: physically intimidating, likable, naturally attractive, extremely confident, sexually promiscuous: the most uninhibited, charming, outgoing and free person she has ever encountered in her life. He fascinates Millie; thrills and intimidates her in equal measure.

But, as the culprit behind the invention of her nickname Nuclear Winter, Millie knows that if Pav feels anything for her it is more than likely contempt. Cold, boring, robotic: that is how the rest of the hospital sees her. So she can safely watch him from afar. He would never notice her ... would he?

This book is a full-length contemporary romance of approximately 90,000 words with no cliffhanger and its own HEA.

Praise for Limits:

5 stars for a story that stole my heart... I laughed, I cried and absolutely fell in love with the story about Millie and Pav. *Bookworm 8919 Blog*

The story was heartbreaking and heartwarming. It was perfect, and I could not stop reading. Limits by Susie Tate was a great read with all the feels! *Sultry Siren Book Blog*

I loved Pav, he saw beyond the obvious to the gem that was Millie, and it was a treat to read this romance. The epilogue too was just perfect. Stars: Five, a great fun read, and a terrific follow up. *Jeanie Zelos Book Reviews*

A brilliant book, couldn't put it down. Gives a wonderful insight into how social anxiety can cripple your life and Millie's journey in trying to overcome this is inspiring. Highly recommended and have just bought the rest of the authors back list. *Emma Haslehurst – reviewer at Rhea Loves Books*

I was completely entranced with Millie and Pav. Don't miss out on this remarkably insightful and warm story. *Sirens Book Reviews*

Millie's story felt so realistic. Maybe I could connect so well to Millie because I know from personal experiences how looks can be deceiving. I loved how their relationship progressed as soon as Pavlos understood that Millie was nothing like the people thought she would be. *Jeri's Book Attic*

Another winner from Susie Tate. I just loved this book and had to start reading it as soon as I got the ARC. The only disappointment is that now I have to wait ages until the next book. *Bananas are Tricky Book Blog*

I'm new to the author but wow she never disappoints. A fabulous story that is well written, well paced and heavy on the feel good. *Lianne James – Librarian and Netgalley reviewer*

Powerfully moving story of love's power to heal. This is without a doubt one of the best books I have read this year. *Rhonda – top Netgalley reviewer*

Limits Details

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From Reader Review Limits for online ebook

? Jeri's Book Attic ? the Romance Bibliophile ? says

Limits was the first book that I read by Susie Tate. Her writing style is very different from what I usually read. Not by her PoV's or anything but more by the way she approaches the plot. Millie's story felt so realistic that it was more like reading a diary than a fictional novel, which was scary at times.

Maybe I could connect so well to Millie because I know from personal experiences how looks can be deceiving. And how a certain behavior can be totally misunderstood.

While I am not completely sure what it was that first drew the two characters together in this plot I could fully understand their later draw. They were the complete opposites but somehow there was something there even if I can not explain it.

And while their start was nothing short of a disaster I loved how their relationship progressed as soon as Pavlos understood that Millie was nothing like the people thought she would be.

The author is honest down right to the self-awareness of the characters and the hostile receptions of family member and colleagues (I would not dare calling those people anything remotely to friends) .

I admit that before choosing to review this book I read into other reviews a little to get a better picture as I did not know the author. There I saw someone categorized this book as sweet & funny romance.

While I agree on the sweet – I have to disagree on the funny – sure there were funny moments but in total it is more a deep insight into the world of a person that is acting not within the “norm” of standard behaviors.

So I found myself having a heavy heart for the lead and her view on herself, routing for the best outcome possible.

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maggieandteddy says

This my 2nd book by this author. I read Beg Borrow or Steal about 5 months ago & I loved it. I have other books by this author (I need to read those pronto!). At first, I made the mistake of thinking that Susie Tate's books are Chick Lit-not that there's anything wrong with that! I think that it's the covers. I like the covers, but no real people on most of them. Again, that's OK too. I'm (almost) getting immune to the shirtless guy on the

covers anyway.

On to this book! Again, set in the UK, set in the Medical Center for most of the story. Limits is about the heroine Millie and her struggles in with dealing with people. She's more than painfully shy. She has a social anxiety disorder. She also has OCD, which Millie admits is less serious than the social/people issues.

In Beg Borrow or Steal, Millie had met and even started taking care of Libby's 5 y/o daughter Rosie. Millie is a Radiologist and is uber intelligent. She often takes care of Rosie in the morning so that Libby -a medical student can be on time for 7:30am hospital rounds. That took place in book 1. A little time has passed and Rosie is now in school. Millie often still babysits for adorable Rosie. I love their interaction. Rosie is a bouncy little girl and shows Millie some rare affection. Millie lets Rosie touch her and even receives her hugs.

As the story progresses, the reasons(s)/ causes for the Millie's anxiety is gradually revealed.

The Hero in this story is Pavlos. "Pav" is long time best friend to Jamie (the H in B,B or S). Pav is a complete 180 to Millie. He's friendly, outgoing and totally at ease with everyone. He's also attracted to Millie. He's intrigued. At first he's curious, then a little put off by her aloof manner. He soon realizes what is going on with Millie. Millie breezes through work- reviewing, analyzing and diagnosing patient's Xray /exams.

Jamie, Libby, Millie and Pav all work at the same medical center. The staff has nicknamed Millie "Nuclear Winter". Millie is dressed impeccably (she has Eleanor, her stylist do all her shopping and selecting what to wear). Millie's Radiology colleague, Don shares an office with her. Don is elderly and extremely patient with Millie. He's really close to and possibly beyond retiring age, but he helps cover for Millie's lack of people skills. Millie covers for Don by (happily) carrying the workload for the Radiology Dept. Other doctors don't take too kindly to Mille correcting them on the tests to be performed. She's also always right. She doesn't make eye contact, so they think that she's stuck up.

I had a glimpse of Millie in the previous book. I wrote in my reivew that I appreciate a shy person. Especially one like Millie. that was "just doing it" with out fan- fare and no credit. The romance between Pav and Millie is a slow burn. I wouldn't believe it otherwise. Millie's social ease builds up while Millie and Pav's romance grows.

I liked Pav's family. Pav's mom had difficulty understanding Millie. Pav is very protective of Millie. He's human, he does lose patience from time to time. Millie does have a lot to deal with -her parents are beyond cold fish. Millie's dad is a prominent politician & Millie's mom constantly belittles her. Millie does have a great relationship to her Gammy (her dad's mom). I loved Gammy. She ends up playing a key role in Millie's life and near the end of the book

I do love a kick ass heroine quite often, but I do like a character that is good and kind and needs some understanding. My favorite little character, Rosie made some cute appearances. She did have her woodlouse pet ("rolly polly" or sow bugs as I called them as a kid in the U.S.)

The ending was a little rushed but I loved it all and the epilogue was great. I wanted to mention Kira, Libby's (extremely) feisty best friend. I hope that she gets her story too. I took my time reading this. I felt like Millie is a friend. I really got to know her. What a great heroine. Pav, is a great hero He started off really great. Pav ending up learning what he didn't know that he didn't know- thanks to Millie.

Thanks to the author for the ARC. my own opinion & honest review

Alison says

Another winner from Susie Tate.

From the outside Camilla 'Millie' Morrison looks like she has it all. Beautiful, immaculate clothing, always perfectly made-up, not a hair out of place, amazingly intelligent, ridiculously wealthy. On the inside its a different matter. Crippled by low self-esteem and debilitating shyness she has no friends and her colleagues call her 'Nuclear Winter'. The only people who seem to tolerate her at all are a five year old call Rosie and a 70-something year old senior radiologist called Don who acts as her supervisor.

Pavlos Martakis is a gregarious, popular, loud, confident, uninhibited consultant surgeon. Millie's complete opposite and yet she is drawn to him like the proverbial moth to a flame. As the wit who coined the nickname, he feels a little bit guilty but her cold manner and the way she refuses to even look at people when she dismisses their requests for a scan on one of their patients really annoy him.

Millie has done some ground-breaking research and Pav is desperate for her to present her findings to the Hospital in the Grand Round and more widely at medical conferences but so far Millie has refused all requests for a presentation. Pav isn't used to being rejected, especially by women, and he really can't see why the stuck-up Dr Morrison gets away with her rudeness and refusing to present.

As always Susie Tate has written a sweet, funny romance with endearing characters with some fascinating medical insights thrown in for good measure. I challenge anyone not to love Rosie, or Grammy, or Pav's mad Greek family, or dear Don. Even Pav, although a bit self-centred at first, is totally sweet and so protective of Millie.

I just loved this book and had to start reading it as soon as I got the ARC. The only disappointment is that now I have to wait ages until the next book - fingers crossed it's Kira and the mysterious B.

I received a free copy of this book from the publisher via NetGalley in return for an honest review.

Bumped for release.

Margo says

An ARC was provided in exchange for an honest review of this book:

Susie Tate sets many of her books in a medical setting, and she does a great job of describing the routines of the hospital and how the protagonists fit in. This skill is never more important than in Limits, where an explanation of how Millie has managed to fit into her workplace is crucial to our understanding of her world.

Millie has a very big problem, and one that is actually fairly common: She has debilitating anxiety. As a result, navigating the everyday world is an ordeal for her, and she has managed to create mechanisms that allow her to hold a job, and interact with her colleagues. However, everyone around her only sees the hard shell and robotic affect, not the maelstrom of emotions that even the simplest everyday interactions provoke in her. She is, with no exaggeration, imprisoned in a world where she is always afraid, always tightly contained, and always worried that she will do something awful as a result of her anxiety.

Millie's colleagues dislike her and have given her a nickname that reflects her coldness and occasionally harsh responses to her peers' innocuous requests. For the most part, she's fine with it because it protects them from probing further; however, she also desperately yearns to belong to the world, even though she is sure that it can never happen.

Pav is, like everyone else, judging Millie for the flinty facade she presents, but he's fascinated and intrigued by her nonetheless. He wants to understand her, and he wants her to engage more with the world, but he wants her to do it on his terms, and that just isn't on. He's a wonderful character -- charming, warm and good-hearted, but he's more than a little superficial and he can't even fathom what Millie is going through. As he learns more about this surprisingly vulnerable woman, he gains some humility and increases his ability to be compassionate.

They are a really sweet couple, and it's nice to see them become better people with expanded horizons because of their interactions with each other. They fit together, and it's clear that even from the outset, they felt a pull to each other -- there is definitely a sense of destiny with these two.

On another note, I have to give kudos to Susie Tate for her portrayal of the condition Millie suffers from. She really captures how simultaneously terrifying and exhausting Millie's life must be -- she's constantly on guard, always watchful, always waiting for the worst to happen. I also appreciate that few of the doctors that worked with Millie figured out what was wrong with her -- their medical degrees didn't make them omniscient, and they made the same snap judgments that society as a whole often does with people with mental health disorders.

Jeannie Zelos says

Limits, Susie Tate

Review from Jeannie Zelos book reviews

Genre: Romance

I loved book one in this series and Millie and Pav both feature there as secondary characters. Rosie, Jamie and Libby from that book are secondary characters here along with the vivacious Kira.

Millie is painfully isolated, has a real social issue among her other problems. Seems she was a child genius, pushed by ambitious political parents into schooling way ahead of her years and peers. She never learned to mix with others as a result. Her parents were bullies in other ways too, sapping at her fragile self esteem and now she's an incredible medical personnel trapped in a job way below her skills officially but where they are recognised and valued so unofficially she does all the work a consultant would do. She's been having therapy but is a long way from being who she wants to be. She's trapped in her own self limits.

Pav is her total opposite but by a series of incidences begins to see Millie isn't the person he nicknamed Nuclear Winter. Millie envies him, is attracted to him but knows he, like the rest of the staff apart from Libby and her colleague Don, would never want to even be friends with her, let alone more. And then things change. To begin Pav does have an ulterior motive, but he very soon sees Millie isn't stand offish, isn't looking down on others but plain terrified. After an incident leads to her totally falling apart in front of other staff he sees beyond her facade, and tries to help. Libby too and the irrepressible Rosie, work on bring Millie forward, helping her get past those limits.

I so felt for Millie. Social anxiety is genuine, many of us have issues where the thought of meeting others has us in a sweat, hearts racing, blood pulsing, just knowing that we don't have that easy connection, that simple conversation is anything but, that trying to talk to someone unknown will result in the usual brain jelly and lack of speech. Millie's reactions are way beyond most though, and the way Susie gradually brings her forward, showing us how the CBT, the people she depends on, the gradual widening of those she can trust bring her forward is wonderful to read and felt so very real.

I loved Pav, he saw beyond the obvious to the gem that was Millie, and its was a treat to read this romance. When he spoke to Millie's parents I was cheering him. Its a great read, I loved seeing the familiar characters from book one, loved seeing just how difficult Millie found things others breeze past, loved how Pav's family changed when they got to know the real Millie.

The epilogue too was just perfect. Just enough to let us see how things would work out, but not enough to feel the story gets past the interesting part.

Stars: Five, a great fun read, and a terrific follow up.

ARC supplied for review purposes by Netgalley and Publishers

Debbie "Buried in Her TBR Pile" says

I've been waiting for Millie and Pav's story and very happily agreed to reading an advanced copy from Susie Tate. She is too kind to me considering I begged her for a copy of another book over a year ago.

I knew there were depths to Millie when were first introduced to her in Beg, Borrow or Steal. I was intrigued by Millie and by her interactions with a co-worker, Pav (a doctor in the same hospital) and Rosie (Libby's daughter in BBS). As Millie's history/background unfolded, I felt so bad for her. She is very misunderstood. She has a good heart and good intentions, however, her formative years as a child prodigy with horrible parents left her with no social skills and emotionally scarred. She has self-imposed limits and adheres strictly to them.

Pav is a good-looking and good-humored doctor who takes a personal interest in Millie even though he judged her outward coldness incorrectly in the beginning. As he takes the time to know her, the story had an almost Cinderella quality (IMHO).

Susie writes great secondary characters and they play pivotal roles in the evolution of the story. Millie's co-workers are intrinsic to Millie's growth. Pav's family, Millie's grandmother, Libby and Rosie are heartwarming.

This book will be released on April 5, 2018 and is available for pre-order.

My favorite series by Susie Tate is the Broken Heart series - specifically Broken Heart Syndrome.

Thanks again Susie for offering me an early chance to read this one.

Em__Jay says

I have highly enjoyed all of Susie Tate's books to date but Limits is above and beyond any of her other books. It's marvellous!

Millie is the type of heroine that brings out a variety of emotions. I wanted to dive into the book so I could be her friend, her support and just be a person she could rely on. My heart was breaking for her, knowing how her social anxiety manifested and turned her into a woman many went out of their way to avoid. It (figuratively) killed me! The author could have taken the easy way out and created an angsty, morose character. Instead we get a clearheaded person who is under no illusions about herself. What she is missing is the support and skills to get her out of this current life of hers.

And Pavlos. Where do I start? He is wonderful! I really enjoyed his personality, his take on life and his realisation that there is a lot more to Millie than meets the eye. Above all, I appreciated the author creating a flawed human who did not sweep in to rescue the heroine, but a man who went out of way to help Millie help herself. Yes, the big blockhead has some seriously idiotic moments but ultimately his love for Millie steers him in the right direction.

There's a fantastic cast of secondary characters that all add to the story. It's hard to pick favourites but Rosie and Gammy deserve to be singled out. Their interactions with Millie are always filled with pure love.

The author again brings her knowledge as a GP into play in the hospital setting. The technical information enhances the plot but it's pitched at an easy to understand level.

Last, but definitely not least, Limits is a wonderful love story. The genuine attraction and feelings Millie and Pavlos had for each other were wonderful to read. On the surface, they are poles apart in so many ways but they are true soul mates. I love that they found each other.

I cannot recommend this book highly enough.

Bwmurf says

Wanted more groveling

Randi ♥ LoveSawyer.com says

Let me start by saying I enjoyed reading this book. The grammar and formatting were flawless (issues that comes up way too much). It's engaging, and well written. There was a lot going on in this book and at no point was I tempted to stop reading it.

In this book, we meet Millie and Pav who are both doctors at a hospital in London. Millie is cold, not literally cold, emotionless and robotic. Her peers refer to her as nuclear winter. She has crippling emotional issues which she hides from the world behind flawless make-up and designer clothes.

Through the book, we get to watch as Pav and his friends help Millie come out of her shell. We see her develop confidence and learn to trust herself. It's a remarkable transformation to witness and I couldn't be happier for Millie.

This brings me to my criticism of this book. The reason I have to give it 3 stars instead of 5. The characters weren't developed as well as I would have hoped.

I couldn't relate to Millie, I couldn't even fall in love with her. That's unusual for me, I fall in love with the characters in most books I read. Usually, there's one, maybe two things that make the character unique. Millie simply has too much going on. She had debilitating anxiety, which granted is important to the story and I totally could have loved that about her. She had a childhood devoid of affection, again I could have totally gotten behind that. Who doesn't love reading about people overcoming adversity and obviously the anxiety issues have to come from somewhere. I wish the author would have left it at that.

She didn't. Millie is a radiologist, but not only that she's the best radiologist EVER. She's doing work way above the level she should be. She is incredibly smart finishing a degree in chemistry and graduating from med school by the time she was 21. If that's not enough, she's very wealthy (and obscenely generous – without expecting praise). On top of that all she's also incredibly attractive. A couple I could have embraced. But in the end, there was too much that made her different from me. The worst part is, I don't think those things served any purpose in furthering the story, it simply alienated her.

Pav seemed nice enough. We got to meet his friends and family throughout the story. But when I think about it, I know nothing about him. He obviously cares about Millie and he handles her issues very well. He's attractive, confident, successful, he has a lot of friends and unrivaled charisma. He's unrelatable as well. We don't learn anything about his past, or current struggles. In some ways, he's just the guy who loves the girl I can't relate to.

Now, I know it must sound like I'm shitting all over the book. That's not the case, at all. I thought the concept was amazing, and the ideas were well developed. I just couldn't find it in me to relate to or even really care about Millie.

Bev says

After reading and loving Beg Borrow or Steal by a new to me author I couldn't wait to get Millie's story. From the glimpses we got of her in BBS I knew she had huge issues yet was so totally sweet with little Rosie.

The author paced Millie's journey to perfection, nothing rushed or unrealistic. She was so closed off as a result of her crippling anxiety, and after the childhood she had, who wouldn't be. I love how she interacted with Rosie, and how she gradually let other in.

If I'm honest I was a tad concerned about Pav being the hero. Loud, confident and hot – everything that should have had Millie running for the hills, yet they were so good together and for each other. I love that the author didn't give Millie Mr Perfection; she really does know how to keep her characters real.

I requested this ARC from Netgalley as soon as it went on there, I just had to know more about Millie and Pav. So, as for the arc received for an honest review" lark – welp, I'm nothing but honest in my reviews and if I don't like it I say so. And I really liked Limits!

Carvanz says

3.5 stars

I've never read a book with a heroine who struggled in the same manner as Millie. She's a genius, raised by parents who didn't take the time to nurture her special needs. Along the way she regressed further and further into herself until she's simply incapable of having a simple conversation with an acquaintance.

Pav was a bit harder for me to understand. He's attracted to Millie but then some of his thoughts and actions were not those of one who is enamored. I put this off as being what would normally happen in the situation of dealing with Millie rather than wanting the perfect hero that in thought and action will always protect and remain strong for their woman. Of course, Millie wasn't really his through most of these conflicting moments, but even in the end he had an a-hole moment that I guess could be looked at as being a natural human reaction. I just wanted him to not be that a-hole at that particular moment and time.

Despite some of his inner thoughts or reactions, I really did love Pav. He was so patient and kind and caring where Millie was concerned. Yes, there were times he became frustrated, but he always pulled himself back and started over again. Once he saw the shadow of her brokenness, he was all in. He wanted to be the one to make her smile, hear her giggle, and share her kisses.

I had a bit of a rough time catching on to the rhythm and voice of this author which slowed the beginning down considerably for me. However, once I adjusted to it, the book took off and I truly enjoyed getting to know Millie in all her broken ways, Pav and his confidence, as well as the rest of the gang and their methods of supporting Millie to help in her therapy.

Written with humor sprinkled throughout as well as moments that wrenched my heart, I fell in love with Pav and Millie and was cheering them on as a couple as well as Millie as an individual. This story did not disappoint in those regards. I did wonder how, what, where, and when Millie would find her strength and I applauded her when it happened even as I shed a tear that it was necessary.

The epilogue here was simply amazing! It was the perfect ending for a story that dealt with some of the heavier topics as this one did and again I cheered and then I cried from happiness.

I voluntarily read and reviewed an advanced copy of this book provided by NetGalley. All thoughts and opinions are my own.

Dual POV – sometimes hard to discern

Safe – no ow/om drama

Possible Triggers - (view spoiler)

Lisa Aiello says

3.5 stars – This was the story of Millie, an extremely gifted young woman who struggled with crippling anxiety and social awkwardness. She works with Pav, who not initially knowing that she had issues, just assumed, like everyone else, that she was cold, snooty and uptight. He finds himself over time becoming enamored with Millie, and this is the story of how they navigated their way through a relationship. Reading about Millie was painful as she found her way, but it was so easy to cheer her on and root for this couple. Pav I found so endearing and kind and patient with her. Overall, this was a very heartwarming story and was very well written.

Snow says

This book, this heart-felt story made me pensive, sad, then utterly hopeful...

This book is not your everyday cheesy, sweet romance, it's not its opposite either, it's just real, it's vulnerable, it's palpable, it's overwhelming, it's complex and unexplicably enchanting and it deals with much graver human complexity in personality and functionality...

it's all around us and sometimes we just don't see it...

it's hidden in the appearances that we are not interested or willing to look beyond, and find the true person behind the facade...

It's something to think about, over and over again...

Dr. **Camilla "Millie" Morrison** is a shy recluse and a hard working radiologist that has recently made a breakthrough in her research that would benefit a patient's post-operative care and when Dr. **Pavlos Martakis**, a consultant surgeon and urologist asks her to present her study case at the up coming conference, he gets a flat out NO.

He's stunned and Millie is withdrawn. And they are at status quo of pure avoidance and push then draw back mode, it's uncomfortable for one and annoying for other...Pavlos can't understand why would any prosperous researcher refuse to present his breaking through discovery and gain acknowledge and praise...BUT Millie is not your "ordinary" person.

...she had years of experience blending into the background, making herself invisible, or at least unpleasant enough to be avoided.

She wanted to try and live her life within her limits.

She wears a nickname "Nuclear Winter" given to her by the hospital staff, cause of her unapproachable, even brass and rude posture and personality.

BUT Millie is hiding behind that "perfect cold" feature, and no one had ever made the effort to see the real her - the *shy, lonely and introverted yet incredibly smart/gifted person with a high IQ* that had survived *an emotionally abusive childhood* with her soulless, politically ambitious and power greedy parents, **but NOW was molded into a recluse and a socially awkward shadow suffering from anxiety and panic attacks** if stressed, if approached or touched by the people she doesn't know.

Which is why, she constructed her life within her personal *limits* that controlled her environment and contact...

BUT Pavlos, ascending from being at first, stunned, pissed than utterly intrigued by this intelligent and mysteriously awkward woman...slowly sets the steps to peel layers after layers only to reveal the most sensual, beautiful, warm and genuine soul behind the cold detached outfit...

He gives her comfortable environment, brings in the close circle of friends that slowly open her closed

of gates, so she could shine...

He slowly gains her trust, he secures her, cares for her, supports her and pushes her beyond her limits by giving her the only thing she never had in her lonely, restricted life - *LOVE* and genuine affection and a future outside the *limits*

First of all, I have to say how much I loved Pavlos/Pav, and his loud and wild Greek family, but most of all, I loved his persistence, patience and affection. He was as perfect as the fictional character can be before he becomes absolutely unrelatable...there were enough imperfections to him, so he could maintain such a balance of perfection...

And Millie, what a wonderful heroine, and such a fantastic portrayal of a socially awkward outcast that is confined in her own controlled little bubble of lonely security until she's revealed in Pav's love and support...that was absolutely amazing to witness, the process of growing from a secluded, unapproachable cocoon only to be risen high into an extraordinary unique butterfly.

I was completely entranced with Millie and Pav and the rest of their small circle of friends, their own quirks and chirpy moods, I hardly noticed the slower pacing and the third person storytelling that usually don't quite work for me, BUT here, it absolutely worked in my favor.

Don't miss out on this remarkably insightful and warm story of personal victory.

ARC kindly provided by the author in exchange for an honest review

Release date: April 5, 2018.

Paula White says

I read *Beg, Borrow or Steal* and really enjoyed it. Loved the characters and that fact it was set in the UK! So after that one I went hunting for Millie and Pav's book and was lucky enough to find it available on NetGalley.

I really enjoyed this one as well, the characters from *Beg, Borrow or Steal* were there too, making the enjoyable journey. I liked that Millie came out of her shell slowly - it seemed realistic. Pav made mistakes with dealing with Millie, but I think anyone would in his situation, but it was good to see him learn from that.

A great story and a great set of characters - would love to see more of this lot!!

Shirley Cuypers says

Original review

This book was provided by the author through Netgalley in exchange for an honest review. Thank you Susie Tate and Netgalley!

Limits tells the story of Millie who suffers from anxiety and all her life she's been creating these limits, but Pav is trying to push her limits and she doesn't really know how to feel about it...

Limits was such a beautiful and inspiring book about anxiety. I've read some books where the main character has anxiety, but it's never been as severe as in *Limits*. I think that Susie Tate did an amazing job of portraying anxiety because I could totally feel what Millie was feeling. My anxiety isn't as severe as Millie's but I could really relate to what Millie was going through.

I really liked that there was a double perspective, you could read in Millie and Pav's perspective so you got to know Pav was thinking of her anxiety because it's not always easy to know when someone's suffering from a mental illness.

I really enjoyed reading *Limits* and I cannot wait to read another book written by Susie Tate!
