

Before She Sleeps: A Gripping Psychological Thriller That Will Keep You on the Edge of Your Seat



Before She Sleeps: A Novel by Bina Shah

★★★★☆ 4 out of 5

Language	: English
File size	: 3740 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
Lending	: Enabled



Before She Sleeps is a gripping psychological thriller that will keep you on the edge of your seat from beginning to end. With its complex characters, intricate plot, and shocking twists, this novel is sure to leave you breathless.

The story follows Laura, a successful businesswoman who is struggling to cope with the aftermath of a traumatic event. She has nightmares, flashbacks, and panic attacks, and she is unable to sleep. Desperate for help, she turns to Dr. Annabel Prescott, a renowned sleep therapist.

Dr. Prescott uses a variety of techniques to help Laura overcome her sleep problems, but soon realizes that there is more to Laura's case than meets

the eye. As she delves deeper into Laura's past, Dr. Prescott uncovers a web of secrets and lies that could put both of their lives in danger.

Before She Sleeps is a well-written and suspenseful thriller that will keep you guessing until the very end. Karen Slaughter is a master of her craft, and her ability to create complex and believable characters is unparalleled.

If you are a fan of psychological thrillers, then you will not want to miss **Before She Sleeps**. This novel is sure to keep you on the edge of your seat from beginning to end.

Characters

The characters in **Before She Sleeps** are complex and well-developed. Laura is a strong and independent woman, but she is also struggling with the aftermath of a traumatic event. She is determined to overcome her sleep problems, but she is also afraid of what she might uncover if she does.

Dr. Annabel Prescott is a brilliant and compassionate sleep therapist. She is dedicated to helping her patients overcome their sleep problems, but she is also aware of the dangers that can come with delving into someone's past.

The other characters in the novel are equally well-developed and play important roles in the story. Each character has their own secrets and motivations, and their interactions with each other create a complex and suspenseful plot.

Plot

The plot of **Before She Sleeps** is intricate and suspenseful. The story moves quickly, and there are plenty of twists and turns to keep you guessing until the very end.

The novel begins with Laura seeking help from Dr. Prescott for her sleep problems. As Dr. Prescott delves deeper into Laura's past, she uncovers a web of secrets and lies that could put both of their lives in danger.

The plot of **Before She Sleeps** is well-paced and keeps you guessing until the very end. Karen Slaughter does a great job of building suspense and keeping you on the edge of your seat.

Themes

Before She Sleeps explores a number of important themes, including the power of secrets, the importance of facing your fears, and the resilience of the human spirit.

Laura's story is a reminder that everyone has secrets, and that these secrets can have a profound impact on our lives. Dr. Prescott's story is a reminder that facing your fears is not always easy, but it is often necessary.

The novel also explores the resilience of the human spirit. Laura and Dr. Prescott are both faced with challenges that could break them, but they both find the strength to carry on.

Overall Impression

Before She Sleeps is a gripping psychological thriller that will keep you on the edge of your seat from beginning to end. With its complex characters,

intricate plot, and shocking twists, this novel is sure to leave you breathless.

I highly recommend **Before She Sleeps** to fans of psychological thrillers. This novel is sure to keep you entertained from beginning to end.



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