



## Where Life Takes You

*Claudia Y. Burgoa*

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## **Where Life Takes You** Claudia Y. Burgoa

Becca Trent lived her childhood next to a cruel woman — her mom — who lived to torment and neglect her. During her high school years, her mother married; bringing home not only a new husband, but a step sister her same age. The latter took over her Mom's role — making Becca's life miserable. Including stealing Ian — Becca's best friend and boyfriend — Lisa treated her worse than her mother had for the previous fifteen years. A couple years later, thing ended up in tragedy.

Becca buried that part of her life in the deep corners of her psyche, caught between sanity and nightmares. Between therapy, work and her constantly looming past she can't seem to find room to breathe. The memories of her late step-sister, Lisa, are her closest company.

Her best friend, Dan gives her that family love she always lacked. Everything was close to perfect, until everything and everyone from her past came back. Now she's trying to figure out how to survive and keep that bond which seems now to be held together by a thread.

## **Where Life Takes You Details**

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Author : Claudia Y. Burgoa

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## From Reader Review Where Life Takes You for online ebook

### Dianne says

Almost like a dark, contemporary Cinderella story, **Where Life Takes You** by debut author Claudia Y. Burgoa, tells the story of a young woman full of hideous secrets from her past who now no longer believes she is worthy of love and often wonders why she is allowed to breathe the air of “good” people. Becca comes to us the product of an abusive childhood, damaged and broken inside, barely functioning emotionally. Dan, her best friend, is her knight in shining armor, her rock, strong, handsome, powerful and wealthy, alpha all the way and knowing some of her past, is extremely protective of Becca. When Becca learns that her abusive mother is in the end stages of cancer, she shows her compassion by taking her in so she can die in peace at home. Dan goes overboard to make sure Becca has every conceivable source of help at her fingertips in her last ditch effort to gain her mother’s approval and demonstrate what families do for one another. Are there unspoken emotions between Becca and Dan? Do their feelings lay deeper than friendship? Will the past need to be faced and acknowledged before Becca can move forward?

Claudia Y. Burgoa’s writing will plunge you deep into a story of pain and abuse, the damage that lives on long after and the need to learn to move on and live and accept life in its fullest, warts and all. She has tackled an issue from the inside out, sharing Becca’s inner emotional scars and her dependence on Dan. Ms. Burgoa writes in crisp detail, never shying away from the dark side, but leaving a shred of hope for the future. She slowly unfolds each layer of her tale until she finally pierces your heart with her words. The further I read, the higher the stars got!

Part One of Two

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### Dede says

OMG! I can not believe how much I enjoy reading this book. It was such an amazing story and I love it.

Like the most books, that I’ve read this year, I didn’t read the description of this book. I’ve loved so much the cover so I let myself guided by this. And my instinct didn’t let me down. It was the perfect book to read for this end of the year. I couldn’t finish my year better with this book.

Becca is a woman, that her entire life, has suffered. First when she find that her mother didn’t want her, then when her grandma, the only person that loved her, died, then when her mother married a man who daughter make her life a living hell, and her best friend raped her. Her whole life has a pain. But more pain suffered when her own mother accused her of murder.

Even, without the love of her family, she was surrounded by love of her friends. Danny, he take care of her, and protected her with his own life, if that makes her happy. He was the only human, that saw the good, and

the beauty that she gave to the world.

He become her brother, her best-friend ever, her mother, father. Everything.

I love so much of this book because, the action driving me crazy literally. ?) From the first pages, I saw the chemistry between Becca and Danny. And the only one who can not see this, apparently was Becca. Shame on you, girl.

I love, how much Danny take care of her, who he didn't let everyone hurting her. It was the perfect friend and boyfriend. It only makes me crazy and desire to have that kind of boy in my life. He was perfect – handsome, powerful, maniac of control.

Again, the hole book is perfect. Not an imperfection an the story, on the action, on the cover, on anything. This is the PERFECT BOOK WITH A PERFECT STORY.

It's like Cinderella. You just read and read until you find the perfect book. This is my perfect book of this year.

I'm glad that the author give me this chance to read this book, and also, I'm so mad about the ending.

Because know I have to wait, God know how much for the second novel.

So, you have to try this book. It's a mix between love, friendship, suffer, humor. A little bit of everything. The book of 2013. For me. Hope, for you too. :)

Favorite quotes:

"Really, Friday night? I didn't have a social life, but I loved my Fridays. Snuggling in front of the television to watch movies, read books, or just hang out with my best friend."

"The eyes are the windows to your soul, I'd read once."

"I can't stop laughing. Dan, she might dress your sons in pink if you're not careful. I'd pay to see that. Dude, you're doomed."

"There's only one thing I've ever been a hundred percent sure about, Becca. I'm in love with you."

"I love you, Danny.

Dan placed his forehead over mine and closed his eyes tightly. "Say it again, baby, please," he said. I love you."

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**Carla ?Did I Say That? says**

**\*\*3.5 Stars!!\*\***

Yaaay!!..I loved it!!

Definitely a Modern Day Cinderella Story. **Where Life Takes You** was an intense emotional roller-coaster ride!!! Although it started off a little slow for me..It didn't take long before I found myself engrossed in the story....I highly recommend this one..but be warned there are a few parts in this one that might not be for the faint of heart..Looking forward to reading book 2!!!..Well Done Mrs Burgoa!!

**\*\*\*We received this ARC in exchange for an honest review\*\*\***

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### **Machel says**

Where Life Takes You by Claudia Burgoa is a multi-layered love story between Becca & Dan. At first glance you think that Dan (a wealthy childhood friend that has always loved Rebecca more than in a sisterly way) is the catch with Becca's panic attacks, therapy & mean letters to her dead step sister Lisa. But what the reader soon finds out as the novel and the relationship with Dan becomes hit and miss, is Rebecca has survived a devastating teenage tragedy that has robbed her soul of allowing herself to be loved. (\*Don't want to give it away.)

Where Life Takes You is a page turning drama that shines a light on abuse, neglect, and how to learn how to love yourself again. The love story between Dan and Rebecca is one to root for...but will Rebecca find the healing she needs first to learn to love herself again? Will Donna/mother (who is dying of cancer) realize her own shortcomings? The ending is a twist but one that fits.

Engaging, sad and disturbingly real, I loved this book mainly because I loved Rebecca, enjoyed Dan & found myself glued to the hidden dark secret that reveals Rebecca's own inner struggle to feel worthy to love herself, to love and to be loved.

~A wonderful novel that felt almost like watching a movie because the character sprang to life from the first page.

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### **Heather says**

Thank you Jesus the blurb said this is a two book novel. That is the best news I have heard all week.

You don't even know.

That's how into it I was.

This book was absolutely amazing!

Becca has been through hell and back. She has a mother who never wanted her, a step-sister who hates her, a best friend who left her, a step-father who blames her.... I can't even begin to go into what she went through because it isn't in the blurb and I don't want to spoil it, but it is so much more than the blurb gives away. It is amazing this girl is standing up and not a puddle blubbing on the floor.

Dan is her best friend now. He is the one who protects her, who is always there for her. He literally is her

shield between the world and herself. He is fiercely loyal and protective and there is nothing in this world he wouldn't do for her.

That's all I feel like I can give away without spoiling anything.

Where Life Takes You is an absolutely breathtaking book. Claudia takes us so deeply into Bex's world that you can't help but have your heart broken for her, you can't help but hope for her future, and your mouth will drop open at the end of the book.

I got done and I said there had better be another book.

I mean, it could have been a stand alone, but that would just be cruel... to me.

You need to read this book if you like books that aren't your average romance, it is a book that is just so much more.

Claudia, you are amazing! I \*heart\* you! I cannot wait to pick up the next book and I thank you from the bottom of my heart for sending me this one!

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### Chris Rose says

I imagine Where Life Takes You falls into the category of chick lit, and it's for that reason I chose to read it; I felt like reading a different genre to what I normally read – well, that and having followed Claudia Burgoa's progress, somewhat, on twitter. I honestly didn't know what to expect, other than, perhaps, that whatever the stresses and strains of life the heroine may undergo, the stains would come out white in the wash and we'd all live happily ever after...

That certainly wasn't the case; there wasn't a hint at anything formulaic.

I found the book to be thought-provoking, both while reading and having read the whole story. And it, the story, completely threw me at the end.

Burgoa has skilfully created a very convincing 1st person character, damaged by her past and who, for me, gives the illusion of using the reader as her confidant, or maybe her conscience, by the way in which she seemingly shares her panic-attacks with us, in the form of italicized asides – in other cases, these asides can be quite witty. Because of the nature of the heroine (Rebecca)'s abuse, these asides are very convincing, in that we sense her sheer inability to sit down and truly, calmly, question her state, to try and rationalize matters. Indeed, I practically experienced her panic attacks myself at given moments. Hence, the book moves along at an exciting, turbulent pace.

It's because of the above, I believe, that the book's subthemes, like greed, deceit etc, involving maybe more minor characters, are not dragged out too long. And in turn, the book is full of surprises, the unexpected, all the way to the end.

Furthermore, due to the heroine's understandably nervous nature, she filters out the information as to the reasons for her condition as such a character might, someone lost in a maelstrom of angst – what to tell, what not to tell, and just how hard it is to even contemplate/recollect!

That's what this book's about – forget the other characters, it's about Rebecca Trent, and what she is endeavouring to come to terms with, something from her past, in the hope she might one day learn to live with it.

And that's why I'm eagerly awaiting the sequel.

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## **Christina says**

Complimentary copy provided by the author in exchange for an honest review.

Becca has spent a lifetime as the victim of her mother's cruel emotional abuse, the scapegoat of her stepsister's untimely death. Becca's mother blames her, Becca blames herself, and the community is suspicious of her for the incident that took the life of her stepsister and best friend, Ian. Only Becca knows the truth though, she was the only one in the room that escaped to tell the whole story.

Dan is Rebecca's best friend, her confidante, her boss. He understands she is broken. He may not know exactly how she got that way, but he is there for her, in any way she needs him. He has deep feelings for her that she doesn't recognize, although she has feelings for him as well. Dan has his own demons he is fighting; can he possibly be strong enough to fight his own battles, much less Becca's?

Dan & Rebecca's relationship is incredibly complicated and inter-woven on so many different levels, with a deep, rich, shared history. Their characters are well developed, the fragility of Becca's psyche in particular is palpable, as well as the love Dan feels for her. Theirs is a story of true love, in an abstract, broken, kind of way. They are the family, to each other, that neither of them has ever known.

There is a lot of going back and forth between the past and present day events, however it is done so in a way that makes it easy to follow and it provides much needed background information as the plot twists become more complicated. Becca regularly writes to her deceased step-sister in a journal, giving the reader a glimpse into the thoughts and feelings that have haunted for years. It feels deeply personal and slightly voyeuristic.

When a person from Becca's past returns, harboring secrets of his own, she must face the truth once and for all, bringing long buried secrets out into the open. Little did she know, someone was out there all along who could help clear her name of any wrongdoing on her part, perhaps giving her the opportunity to put the past behind her, to move on and put her life back together.

Where Life Takes You is another absolutely stunning work that will take you on an emotional roller coaster ride. Ms. Burgoa has a talent of creating plot twists that go straight for the gut and leave you breathless. Where Life Takes You is five stars from cover to cover. It is an intensely emotional read but will engage you from the very start. Be prepared though, because at the end we're left with the mother of all cliffhangers and a mean case of book hangover. Normally I'm not a fan of cliffhanger endings, however it was a very natural place for the story to pause, I just wish the next volume was available to jump into right away, as I have gotten so emotionally attached to these characters I am eager for resolution.

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## **Kate says**

I received a copy of this book from the author in exchange for my honest review.

This is an incredibly well-written book that tackles some pretty dark subject matter. While I'm definitely partial to a lighter read, Claudia's writing hooked me from the start, and I raced through the book like a mystery novel, unable to rest until I uncovered everyone's secrets.

Overall I'd give the book a solid 3.5. I think ultimately I wanted more from the main characters. Dan seemed like kind of a nut by the end (like adult contemporary novel crazy, where the rich guy seems to take his wealth and protectiveness and overwhelming need to erase his lonely childhood to a somewhat creepy extreme), and although I was willing to overlook Becca's flaws on account of her past, I just never really felt like I was rooting for the way I normally want to root for a heroine to find love. Surprisingly, Tyler managed to leap off the page with a ton of redeeming qualities as a secondary character.

As others have mentioned, I was a little disappointed with the Epilogue (although not at all surprised). But to be honest, Claudia's ability to keep me addicted throughout the story has me eagerly awaiting her next book!

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### **\* Sara Johns\* says**

I liked this book. It had a good premise, and I found it difficult to put down.

Rebecca had a terrible childhood with some very traumatic happenings. I'll admit I've been a little desensitized by characters and their sad childhoods due to repetition, but I can honestly say that I have never read a romance with a past so horrendous. At times it bordered on unbelievable. My heart went out to Rebecca.

Rebecca's only saving grace in life had been her best friend, Dan. Rebecca was a pretty weak character and relied on Dan for everything. Dan was almost too perfect in his devotion to Rebecca, but I couldn't help but want a Dan for myself. For the most part, I liked their relationship and thought they were great together, but I did want Rebecca to spread her wings, and some of Dan's overprotectiveness needed to be toned down. I forward to seeing some growth in the next book.

There were only a few negatives for me. There were some editing issues, but the story was so intriguing they didn't distract me too much. My biggest problem was the abundance of characters. I found myself lost and confused several times when hoards of insignificant characters were introduced. It was difficult to remember everyone's name and backstory.

This book also ends in a cliffhanger. Many of you may or may not throw your kindle against the wall. I personally didn't mind the ending because I thought it needed to happen. My only problem was I think it could have happened earlier in the book, and been resolved by the end making a really strong story.

Overall, the story had a lot of originality to it, and I'm curious to see what happens next.

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### **Michelle ♥ The Romance Vault ♥ says**

I received a copy of Where Life Takes You in return for an honest review. My reviews are my own and are 100% honest.

I have to start with a MASSIVE thanks to Claudia for allowing me participate in her review tour and receive a copy of this book because this is only the second book out of the 64 I've read so far this year that was

absolutely, mind-bendingly, emotionally driven and it **blew me away**. This was a **stunning** read as far as I'm concerned.

This was an astonishing heart rendering piece of work that I am honoured to have had the pleasure to read. Claudia got each piece of Becca's turmoil spot on. The neglect at the hands of her family was so incredibly well written that you are Becca, you feel her turmoil and each piece of the neglect that has chinked away at her soul.

The letters she writes to Lisa - brilliantly devised and written. The relationship with Dan – so very touching. The moments she is with her family – gut wrenching. What she went through – utterly destroying.

All these things leave a mark on Rebecca, a mark that's so deep and ground in that she feels she deserving of the neglect because at some point everybody leaves. I literally breathed this book and I watched it.

Simply this **WASN'T** too drawn out, it **WASN'T** too over the top, it **WAS** created beautifully. Some might argue why about Rebecca and her mum; why had she not washed her hands of her, why had she not shouted from the rooftops what had happened to her that day. Why had she let Greg show his disdain for her all this time? Quite simply Rebecca had any self-worth completely stripped from her and she'd been subjected to so much that it was no wonder she was a wreck. There are a couple of little sentences that really bring it home exactly why she continued with her Mum. Those lines were so poignant as were the scenes throughout.

How it was left with her and Dan, well for me that was perfect. Hating that I've got to wait to finish their story but it was perfectly left. Leaving you panting to know what happens next to them.

Oh boy I am a bit of an emotional wreck myself at the moment, this story will resonate with me for a long time. It's beautiful, sad, loving, caring, horrifying, tumultuous and a deep emotional read. I absolutely cannot wait to read book 2.

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## Guia says

by Claudia Y. Burgoa

**Review also on <http://between-the-pages.weebly.com/1...>**

*E-book provided by the author in exchange for an honest review*

This book totally surprised the heck out of me. After reading the blurb, I knew it would pack some heavy drama, I just didn't expect **THAT MUCH**.

I'm sort of in between really liking it and loving it so I'm giving it **4.5 out of 5 PINK stars!** There are some parts that made my heart clench and then again, some parts made me want to stop reading all together. I'm glad I read it through to the end and let me tell you why.

Rebecca Trent lived a miserable life. And no, I'm not exaggerating. Throughout the course of the book, we get glimpses into how miserable her life really is with several flashbacks and memories leading up to the events of **WHERE LIFE TAKES YOU**. It seemed as though Becca lost everything and everyone in her life. Her mother practically forgot about her as soon as she was born. Her grandmother, the woman who cared for her, died and left her alone to fend for herself and her neglectful mother at a very young age. To say that her

mother made her life a living hell is an understatement.

When her mother remarried, her new stepsister became her own personal torturer. Lissa was a very messed up girl and she used Becca as an emotional, psychological, and sometimes even a physical punching bag. Nobody in their house ever cared for Becca. She was alone in that respect, that much was clear. She was grateful to have Ian as a bestfriend. He would soothe her and calm her when things get particularly rough for Becca. Promises of a better life with Ian made her look forward to the next day.

It didn't last, though, because everything changed. Ian was not the person she thought he was. It all ended in a tragedy that shook Becca's world upside down, a tragedy that held her in the past and kept her from moving on with her life.

Years later, and this is how we meet Becca in the book, Becca is somehow coping with the events of her life. We see her trying to deal with the memories of the tragedy that made her lose everything.

At first, I was kind of annoyed with Becca. I did not understand how horrid she can possibly be to mooch off of her best friend, Dan. As I got to know more about Becca and as more of her story is revealed, I slowly understood why she is the way she is. This is one of the things that I did not appreciate about the story, though. It starts out very slow. It left me confused for quite a while. There are all these references to the events that made Becca the way she is but the thing is, I had no idea what those events are. It's all very cloudy in the beginning. And although I don't mind a bit of a mystery in a novel, it kind of made me feel lost during the earlier pages.

When more light is shed on Becca's past, everything made much more sense. Claudia Burgoa was able to portray Becca as a character that a reader can grow very attached to. The fact that she writes the book in Becca's POV allowed me to see the depth of emotion that went into writing that character. There's so much pain in the way she narrates her story and it just comes off the page and seizes the heart. I felt every harsh word that Becca endured. We also see her as she deals with the memories she fought to keep from the harsh light of day knowing that her new friends would abandon her once they find out her secrets. It was interesting to see how she sorts her feelings and thoughts in her mind. Her rants and mental ramblings, her notes to self, all made her a very endearing character. I may not have experienced half of what she went through in her life but I understood her.

I went into the book thinking that this was going to be another case of the male bestfriend trying to save a damaged girl with a past in a show of machismo. It was a pleasant surprise to find that there is more to WHERE LIFE TAKES YOU than that. I like romance novels, I really do, but I barely even felt the romance here and it actually worked for me. WHERE LIFE TAKES YOU is more about how Becca tries to resolve the guilt and insecurities that have taken over her life. It tells the story of how a young woman struggles to find who she is and what she has become in the shadow of the people she clings to. Her history of being abandoned left Becca with an unconscious tendency to hold on to the people in her life. I sort of got the impression that, in the beginning, she tolerated Dan's overbearing personality because it's a far cry from the neglect she grew up with. As the story progresses, we find Becca struggling to find her own footing, to find the courage to stand up on her own. WHERE LIFE TAKES YOU is all about Becca and her struggle to pick her pieces back up after the Lissa and Ian. After her mom. And even after Dan.

I so did not expect it to end like that, though. That ending will have me sitting on the edge of my seat until NEXT TO YOU comes out later this year.

**Review also on <http://between-the-pages.weebly.com/1...>**

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## Nicole Dunlap says

Have you ever read a book and got so angry at the ending? I'm not talking about one of those mediocre books that end so confusing and things don't make sense. But a good type of anger that demonstrates how well you've come to know the characters. *Where Life Takes You* pulled at my emotions. There were good times and bad times but I learned to care for Becca and Dan. Then the ending just made it so much more important to get the next book... ASAP!

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## Christa says

*\*\*\*Received an ARC copy in exchange for an honest review\*\*\**

### WARNING CLIFF HANGER

And let me tell you it's one of the worst I've read in a long time. I want to throw my kindle while begging for the next book so I could ease the ache in my heart from that ending.

*Where Life Takes You* by Claudia Burgoa takes you on an emotional journey. Becca has not had an easy life growing up with a mother who hated her and a step-sister that did everything in her power to destroy you. The only saving grace in her life was her step-brother's best friend Dan. He was her knight in shining armor, her savior, her best friend, her family.

Years later, though Becca doesn't speak to the people who hurt her in the past they are never far away. Becca struggles to live a normal life and relies on Dan to pull her out of the darkness.

Though there was a portion of the book I was upset with Dan's decision, I couldn't help but fall in love with him. He would do anything for Becca and you could feel how deep his love for her went. The next book might shatter my heart but I need to know if Becca and Dan get there HEA. God, I hope they do I don't know if my heart can take the angst.

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## Anaïs says

### 5 out of 5 Stars for this wonderful story

*\*\*\* ARC provided in exchange for an honest review \*\*\**

**Rebecca Trent** has been dealt a shit hand of cards as a life: her mother never wanted her and spent her life blaming Becca and bringing her down, whereas she never met her father. As a teenager, she met Ian, the boy next door who helped take away her pain and eventually became her boyfriend. That is until Becca's mother decided to re-marry, bringing stepsister Lisa into the picture, who made Becca's life even more miserable and who eventually stole Ian from her. A few years later, things end in tragedy.

Since then, Becca does her best to move on, although her past regularly comes back to haunt her through her nightmares. Thankfully, her best friend and big brother at heart **Daniel Brightmore** gives her the love and family she always lacked, and makes it easier for her to move on. That is until people from her past surface

again and her secrets are discovered...

Well well, what can I say other than this is the b.e.s.t. ARC I've read in a long time and I am very thankful to have received a copy from the author for review. Where Life Takes you is the story that sucks you right into it and makes it difficult to actually put down your Kindle.

It is written in Becca's point of view and will detail exactly what she's been through in the past, how that past is eating at her, and her development in that matter. She is keeping dark secrets and part of these secrets are coming to light little by little in a very subtle way. The writing and pace of the book is absolutely perfect and allows for a proper dose of suspense! And the romantic part is not forgotten either, as it revolves around Daniel and Becca's relationship.

Daniel is the perfect book boyfriend, and it's impossible not to get attached to him when reading Where Life Takes You. He has a story of his own (and wasn't blessed by life either) but he has become a self-made man who has totally fallen for Becca and does his best to take care of her. But he feels the timing for telling her about his feelings is just not right. He knows Becca is keeping secrets from him, and feels that only once she overcomes those, she will be able to move on and start over with him.

Becca, on the other hand, sees Dan as her big-brother and even though she has very fond feelings for him, she doesn't let herself believe that those feelings might be mutual and other than brother-sisterly. And then there's Dan's manwh...rish past that's marring the picture:

*"Imagine a rich boy with a successful business who was living the playboy dream. Tons of hot, famous women threw themselves at him, hoping to tame him. It never happened, but his face became profitable for the paparazzi. Fast forward six years, and he falls for a girl. He cleans up his act and devotes his time to her, but the journalistic-sharks snap pictures of him whenever possible and fabricate stories. Those lies affect his relationship."*

There is just one little drawback to Where Life Takes You, which I believe is the fact that Daniel is that rich, handsome and intelligent person, using money to take care of her. You could always say that Daniel preferred using money to make Rebecca favours and open her eyes to his feelings for her instead of using words to express them... But I keep wondering if the story would have been different if Dan wasn't that rich bachelor. I guess it would, but since Claudia Y. Burgoa's story just felt right, let's not question it any further!

The story was just the right amount of drama - not too much and not too drawn out. It is however tear-threatening and will bring a few gut-wrenching moments. And I guess it is only fair to warn you: this book ends with a helluva cliffhanger. One of the worst - I just wanted to cry and throw my Kindle out of the window begging for Book 2...

I will definitely be on the edge until the sequel come out, and follow other Claudia Y. Burgoa releases with just as much excitement.

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## **Paula Phillips says**

Growing up , life was not easy for Becca Trent - in fact it was awful and downright cruel. It ended up getting worse when Becca's mother met a man she loved who had two children already of his own. One included a girl named Lisa who was a year older than Becca. Becca had always wanted a sister , but in fact what she got was the start of someone who would do absolutely everything and anything in her power to ruin Becca's life and take her place as Becca's mother's daughter. The perfect daughter whereas Becca was always viewed as the screw-up. Lisa though was really screwed up and one tragic night where alot of bad stuff went down,

which as you read the book you will understand why Becca is the person she is and Lisa was killed. Becca's mother and family have always blamed Becca for her death, so Becca escaped and was exiled from the family. Years later , she met Dan who became her life saviour, best friend and confidant. Dan is always there for Becca and it makes readers wonder whether Becca and Dan will become an item sooner or later as Dan is the playboy rich boy. Where Life Takes You though is not about the romances between Becca and Dan , or the family dynamics between Becca and her family and friends. But more so this book, is the journey of Becca and how she moves past in her life through therapy and journalling etc.

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