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TWO STRANGERS A CHILD AND A SPLIT SECOND CHOICE THAT WILL CHANGE EVERYTHING The chance encounter Ellen was just trying to help a stranger Giving a few minutes respite to a flustered young mother sitting opposite her on the train A few minutes holding her baby while the woman makes an urgent call Five minutes pass Ten The twist As the train pulls into a station Ellen is stunned to see the woman step off the train and rush away down the platform leaving her baby behind Then she discovers a note in the baby s bag three desperate lines scrawled hastily on a piece of paper Please protect Mia Don t trust the police Don t trust anyone **WHAT WOULD YOU DO** Absorbing and tense fuelled by a very real sense of jeopardy Adele Parks Logan is undoubtedly the master of the all too believable it could happen to me story *B A Paris* A brilliant premise thrillingly executed JP Delaney Sunday Times bestselling author of *The Girl Before* Gripping original with compelling characters and a great twist Jenny Quintana Sunday Times bestselling author of *The Missing Girl* With a a premise so primal and so gripping it get its hooks into you from the very first page Logan cements himself as one of if not the best thriller novelist writing in the world today Deborah O Connor bestselling author of *The Captive* A hugely entertaining twisting propulsive thrill ride from the consistently brilliant T M Logan Chris Whitaker bestselling author of *We Begin at the End* I raced through **TRUST ME** Totally brilliant Did not have a clue how it was going to unravel Heidi Perks bestselling author of *Now You See Her* Logan is the master of the everyman thriller real but nightmarish situations that could happen to you For that reason and many others buy *Trust Me* and be prepared to sacrifice sleep Gillian McCallister Sunday Times bestselling author of *How to Disappear* A meticulously plotted and surprisingly moving story that doesn t let up Addictive tense and packed with twists Samantha Downing Sunday Times bestselling author of *My Lovely Wife* *Tone your Body* Lena Hollmann, 2023-12-13 **Pilates for You** Ann Crowther, 2009 *Pilates for Beginners* Katherine Corp, Kimberly Corp, 2018-11-27 *Pilates for Beginners* is the new kick start guide for building an at home Pilates practice with step by step guidance and easy sequences No matter your fitness level whether you re in great shape or have never set foot in a gym learning to do Pilates means going back to the basics Teaching you core Pilates exercises and easy sequences *Pilates for Beginners* is the ultimate starter guide to confidently practice Pilates at home From your first time on the mat to finishing a complete sequence *Pilates for Beginners* develops your Pilates regimen with a progressive easy to follow program Complete with clear instructions photographs and tips to do the exercises right *Pilates for Beginners* is your go to reference to keep your body supple and mobile and add more

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