



## Essentialism: Bridgette & Troy's Story

*L.K. Collins*

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\*\*\*Adult themes and situations MATURE CONTENT. If you love sexy firefighters then this book is for you. Fair warning, you will need a change of panties. You're welcome.\*\*\*

This book can be read as a stand alone.

Some secrets can destroy...

Bridgette Schaefer has been through more in her twenty-two years of life than most people survive in a lifetime. Finally, she can see the light at the end of the tunnel and control is within her grasp. With a fresh start ahead, there's nothing but blank pages to be filled. Unfortunately, a lie by omission quickly weaves itself into a dangerous web of half-truths. As she battles between right and wrong, she discovers that sometimes there is only defeat when it comes to matters of desire.

While others can set you free...

Troy Sorano has one rule – no lies. Yet he's spent years hiding behind a well-placed mask, forced to hide who he yearns to be. On the outside he's confident, fun, and sexy-as-sin, but there's so much more hidden within. When fate intervenes, he can't help but wonder if Bridgette could be the one to accept him for who he is. As he struggles through his fear of rejection, he discovers he's not the only one hiding the truth.

Can Bridgette and Troy find what is essential for their happiness before it's too late?

## Essentialism: Bridgette & Troy's Story Details

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## **From Reader Review Essentialism: Bridgette & Troy's Story for online ebook**

### **Karrie Mellott Puskas says**

Troy and Bridgette = HOT COUPLE! Troy and Bridgette have ties thanks to Vincent, Alexa, Abel and Cara. Troy another hot firefighter and Bridgette who's Cara's newly moved in roommate. Troy and Bridgette form a friendship over texting all thanks to Cara giving him her cell number. Bridgette recently moved to the area who has a boyfriend David, who's a major douche, tries to keep Troy arms length away only as a friend. Things happens between David and Bridgette and she breaks it off with him. Wanting to explore a relationship with Troy. When Troy realizes she has/had a boyfriend it doesn't sit to well. Thanks to Vincent and Alexa they tell Bridgette not to give up hope. So Bridgette is persistent. Troy finally sees the light and when he does FIREWORKS!!!! This couple is hot and explosive! Just when I didn't know LK could write anything hotter than the last book she completely blows my mind! Then there's a whole OMG what happened! This book was hard to put down! It's a must read! You won't be disappointed!!!

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### **Becca says**

Troy does not disappoint! Hot, Steamy, Amazingly Sexy - Bridget and Troy Sizzle.

Alexa's little sister Bridget is moving in with Cara and meets the delicious Troy. Bridget definitely feels the sizzle between the two of them. The only problem is that she kinda has a boyfriend. A boyfriend who is becoming excessively possessive and becoming more and more distant. So what harm will it be to start a friendship with Troy...but as things escalate between her boyfriend and her, she break it off with him and comes clean with Troy...who is not happy with her little secret.

This book is full of fireworks and if you are a fan of super sexy banter, you are going to love Essentialism. I absolutely love this series and LK has another hit on her hands. 4.5 Stars.

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### **Rebecca says**

Essential – “absolutely necessary; extremely important”

But what's imperative to some, may not be that crucial to others. To Troy Sorano, absolute honesty is crucial in any personal relationship he has, and when Bridgette Schaefer lies by omission, their relationship is over before it even really begins...or is it? What if Troy realizes that perhaps Bridgette is the most essential thing he needs to live life the way he's always wanted to – both in and out of the bedroom?

Essentialism is the third book in the Life.Destiny.Fate series, and just like the first two books in the series, Troy and Bridgette's story delivers the steam and then some. Their relationship may have a bit of a bumpy start, but at the heart of the story is two people who really haven't been able to be their true selves with anyone they've been with finally finding the one person who sees them and all that they are at their core and willingly accepts them; in fact, revels in and applauds their ability to show them their soul.

Added in to the dynamics of Troy and Bridgette's storyline is a bit of suspense and a whole lot of humor and snarky wit, which only adds to the story's enjoyment. Readers are also able to catch up with Vincent and Alexa as well as Abel and Cara and see where their lives are headed; this is one of the reasons I enjoy series so much. I always wonder what's happening in the previous couples' lives and as the storylines move on to other main characters but still keep the previous ones in the mix, it makes for a much more enjoyable read.

One thing I love about LK's characters is that she allows them to be flawed and provides them opportunities for growth as the story progresses. Bridgette has flaws and insecurities just like any woman would have, and LK doesn't sugar coat them or paint them unrealistically. Bridgette takes responsibility for her actions when she messes up and acknowledges that it's her own fault when she almost misses out on the best thing to ever happen to her, which is both refreshing and realistic. Troy is definitely an alpha male who protects what's his, and by attempting to dormant his sexual tastes and desires, he's not allowing who he really is to come through. Yes, he's caring and compassionate as well as giving and empathetic, but that's only one side of his personality, so finding Bridgette allows Troy to be whole, which is what he needs to feel alive.

Essentialism is a hot and dirty read that will have readers fanning themselves on numerous occasions. It shows how truly freeing it can be when someone accepts you for who you are – proclivities and all. So one-click today and be ready for one helluva kinky and sexy ride;)

A copy of the text was provided by the author in exchange for an honest review.

4 poison apples (The Fairest of All Book Reviews)

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### **Tricia Santos says**

\*\*ARC provided by author in exchange for honest review\*\*

I'm 95% sure that each book that LK Collins writes is better than the last. And I'm just gonna get this out of the way now, but Troy is MINE. He is seriously my book boyfriend end of the moment. I need him to become real life so he can tie me up and have his way with me. No... but really. I adore this series and LK's writing. And I am definitely going to try to sell you on this book based on Troy alone. And, of course, there is no Troy without his other half, Bridgette.

"I...I won't be able to stop. Trust me, I know my limits and what I can handle. You're a drug I've never had and my body has been craving you. I need to take my time with you to satisfy us both. I'm not going to get you off in my car like some prick, especially not the first time. You'll come in my bed, under my control, when I say you can. Understand?"

So, Bridgette is Alexa's sister and Cara's new roommate. And Troy is Abel's fellow firefighter. Yes, I said firefighter \*drools\*. And although this book is basically the third in the series, they are all standalones. This is my favorite one. Bridgette isn't happy with her current relationship. She finds herself getting closer and closer to Troy while sort of dating David. She denies her growing feelings for Troy, but their attraction is just too strong to deny. I seriously adored how they went from friends to lovers. Yes, the transition was a bit fast, but when you know, you know right? And how could you not fall for Troy? But, David doesn't take their breakup well and it kind of adds suspense to the story line. Another bonus is that it brings out the sexy, protective side of Troy. I never trusted David—he gave me the creeps and I was definitely rooting for Troy

from the very beginning.

“I never imagined I would find someone like her, someone who completes me and accepts every little fucked up piece of me. She’s given me the greatest gift in the world. I know that with her by my side I can survive anything. She is the most essential part of my world and I’m finally seeing the truth in how essential I am to hers. Life may not always be an easy road, but together we can overcome anything.”

The first half of the story is told in Bridgette’s POV and we get a nice setup of how they fall for each other. I really, really loved Bridgette. She never once made me roll my eyes in anger or irritation. These days, it’s surprisingly hard to find a heroine that doesn’t piss me off. I loved how much she cared for her family, and how strong she was. I would have loved to know more about her tattoos, but I felt like she was the perfect mix of Alexa and Cara. I really liked how she wholeheartedly accepted Troy once she admitted to herself that she was definitely in lust with him. And, even though I didn’t think it was possible, we saw her grow and mature even more by the end of the book.

“This is how our life’s gonna be. This is our life, and every day is what we make of it. I know each day is a gift and you better believe I’m going to make the most of every day I get with Bridge.”

Now we can get to the part where I claim Troy as much as I can without peeing on him to mark my territory. As I previously stated, Troy is a firefighter. And we get to see him in action (in more ways than one) in Essentialism. He’s actually super sweet and adorable. In the beginning, I felt like he had that little boy or Southern charm to him. But, then...we get to see Troy in his element. And he transitions from cute boy to sexy man really quick. He’s into kink and bonding, not dom/sub stuff, but just the right amount to turn a girl on \*fans myself\*. Don’t get me wrong, we still see the sweet side of Troy when it comes to Bridgette, but wow I love him in the bedroom. With rope. I loved how romantic he was and how he loved so passionately and fiercely. He can say the sweetest things and then turn around and say the dirtiest, hottest things. I definitely just need a Troy in my life.

“That’s one of the best things about the sun; it always comes back.”

“That’s true, it does. I promise I’ll always be your sun.”

“And I’ll be yours.”

Like the other two books, LK Collins has a way of transporting me to another world through her way with words. But, unlike the other two, I found myself falling in love with Bridgette, in love with Troy, and just in love with their love. The way LK portrays love in her books makes me seriously believe that there is such a thing and that I can find it one day. It’s amazing. Her characters are real, adorable, sexy, and so loveable. I just did not want this book to end. I want more Troy and Bridgette. Their chemistry is dynamite. The sex scenes were scorching hot and thank god there were plenty of them. I loved their banter, the way they loved each other, the way they teased each other, and the way they basically worshipped each other. I can’t help but love a couple who jumps through life’s hurdles together and love so fiercely. I can’t wait for the next installment in this series, but I doubt he can match my love for Troy.

“You have become my best friend and my reason for happiness. I know this might seem fast, but I love you. I can’t let another day go by without speaking the words to you. You have such a special place inside of my heart and it consumes all of me. You are what I have searched for my entire life.”

See full review here [http://www.romanceaddictbookblog.com/...](http://www.romanceaddictbookblog.com/)

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### **Lindsey Melia says**

Damn LK! Girl you know how to write some steamy books! Literally I think and one point my kindle was steamy up with all the 'Going on's' in this book! Just when I think I can't love another one of your couples more then the first two you prove me wrong. I MAY say this every time so DO NOT judge cause Its your won fault! BUT I think Troy and Bridge are my Favorite so far! \*Runs and Hides\* GAH yes I say that ALOT but you will understand when you guys read this because it was AMAZING!

As we know the story is about Bridge and Troy. Right from the get go, and I mean the firsst few pages of this book you will be HOOKED! I wanted to find LK and hurt her when I read them first few pages LOL. Bridge as you know if you read the first two books is Alexa's baby sister. WHO in the second book was coming into it to live with Cara. Alexa who Is now living with Vincent.

Now Troy is Abel friend. He is a fireman with Able.....\*Sigh\* Let the drooling commence! And right from the start from when he see's Bridge he wants her. SO Cara may step in and help him.....BUT Bridge has something going on that Troy doesn't know about. AND secrets never so anyone any good when only trying to get a relationship of the ground. So of course it has to bite her in the ass. And I'm pretty sure the only one she wants ass biting her is Troy ;)

There story is so HOT! And the Angst is all the way threw this bad boy! AND can I just say from reading this book I can see who's next in the series and I flipping LOVE him already!

LK's writing never lets me down,so I would mark this as a MUST ONE CLICK for sure! And if you haven't yet after reading this review,then what are you waiting for??????

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### **Bethany says**

5+ I can't even. excruciatingly amazing. Review soon.

Essentialism – LK Collins

5+

I can't even deal. Every book this woman writes just gets better and better. The ' Life. Destiny. Fate.' Series is just simply astonishing. I'm just so lost for words. First of all I want to say that this book deserves more than 5 hearts from me. A-D-O-R-E-D Bridgette and Troy's story. While this is the 3rd installment in the series, it CAN be read as a standalone as well. However – I don't recommend this because then you'll be missing out of Alexa & Vincent, and Cara & Abel. Two stories that you absolutely DON'T want to miss out on.

**I know my limits, and what I can handle. You're a drug I've never had and my body has been craving you.**

LK Collins just can't disappoint me. I swear. I know that I will always be a super fangirl for her, because of her way with words (and that she's a complete darling!). Now I don't want to give away too much of the story, because seriously... you need to read this. Hands down, without a doubt one of the best books I have

EVER read. This book is so intense and emotional you'll be sure to devour it just as I had.

Essentialism pretty much picks up with the introductions of Bridgette and Troy. Now Bridgette is Alexa's sister. Alexa is the main character of Fatalism, who is with Vincent. Vincent has a younger brother named Abel, who is in an intoxicating relationship with Cara, Alexa's best friend. Cara and Abel share their story with Determinism. Now that you're all caught up with the relationship statuses I can tell you that Bridgette and Troy are phenomenal. Troy just so happens to be a firefighter, who works with Abel. We all know about firefighters in books. There is something about a man with a hot body, tattoos, and dark secrets who is absolutely delicious that will make you drool and then some.

**He is essential to my sanity, my well-being, and everything that matters. He is a part of me, has been from the day I met him.**

Bridgette and Troy have an undeniable connection. The chemistry that flows between the two is unfathomable. Trying not to give in to the electric touches and lustful glares is hard, especially when you still have a boyfriend. I loved how sincere Bridgette was, along with her strength and sassy attitude. Troy, well seriously... just saying his name is enough. He is THE ultimate perfection in a firefighters form. Yes, I say that with a heavy heart since I claimed Vincent as my favorite love of the series. I still stand by how much I love Vincent, but LK makes it incredibly hard for me to focus when she just keeps on bringing the sexy.

**“You promise you’ll always be my sun?  
I promise. You can trust me. Always, Okay? I’ll never let you down.”**

Essentialism intertwines both Fatalism and Determinism beautifully. The surprises and the tie-in from both couples in each book are so fantastic. You find out certain things that further the stories of all the couples which will leave you bewildered! Essentialism is an emotional rollercoaster that will leave you speechless and boggle your mind. With angsty moments and lustful sexual scenes of pure bliss this book will leave you completely sated. I Highly recommend this series and greatly encourage you to read all of the stories. LK is a brilliant writer who is meant to go far in the industry and I will GLADLY continue to be one of her dedicated loyal fans!

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### **Kym says**

Well L.K, you've done it again. Loved this book. Troy & Bridgette were a fantastic couple. Holy hell this book was hot. Could not put this book down. This is one of my favourite series. Each book gets better & better. I really love how the other characters are back in this book too! I'm a huge fan of L.K's writing & can not wait to read more from you. This is a must read series for me. Well done love your books.....

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### **Miranda Whore says**

Essentialism by LK Collins is the third in her Life. Destiny. Fate series and in my opinion the best to date.

Each book just gets better and better. I wondered how she would manage to write a male character that could compete with Abel in Determinism... well, Troy definitely gives him a run for his money. I really LOVED Troy. What's more, I love Bridgette. She is one of those characters that you get to watch grow and develop as the story goes on, that kind of character development can be a huge challenge for authors sometimes, but LK nailed it.

The storyline of Essentialism will suck you in and you will quickly be rooting for our boy Troy. Bridgette has a boyfriend that doesn't appreciate her, being on the prepuce of her new life she's stuck with a tough decision... work things out or set herself free.

Troy, well, he isn't all that he appears. The man is charming, sweet, and respectful. Three very hard characteristics to find in a man these days... he has a secret or two, but who doesn't? Will Bridgette be the one to accept him for who he is or will she turn away like all the other women of his past?

And when danger surrounds Bridgette, will Troy be able to save her or will secrets destroy everything?

Everything about this book is just amazing. I loved it from the first paragraph and was sad to come to the end. I give this book FIVE STARS for an amazingly told storyline and the smut level is FIVE burning pairs of panties. If you like a great story with your smut, you'll love this book! A Mommy's a Book Whore MUST READ.

Review by the Head Whore at Mommy's a Book Whore.

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### **Hooked On Books says**

I must start this review off saying this book kept me reading late into the night. I knew from page one that I was going to be hooked. I really do not understand how L.K Collins managed to write a book that can grab you from the first page and just suck you into the book. This book had everything I need in a book to make me happy. There was love, suspense (creepy ex) and tons of hot wild sex. This books is part of a series which I have not yet read the others in this series but I found no issue with that. It was very easy to read as a stand alone. I would suggest if you love the kind of books that make you want to pull an all niter because you just can't put it down. You need to go get this book.

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### **Tevydara Song says**

I was given this book by the author for my honest review.....

Where oh where should I start about Essentialism.... I love this series i love all the characters too but this book is HOT!! I think it need to find me a Troy!

Bridgette is Alexis little sister. She moved into the condo w Cara. Bridgette has a boyfriend but she also has a secret, she is soooo attracted to Troy. Who is a firefighter and a friend of Abel's . He came into the picture when he helped Bridge move into the condo. It was like electric site on attraction. She was already having issues w her bf, David but to her, she thought her n Troy were just friends so no harm. But keeping secrets always leaves to bad things.

Secrets..... Troy seems to have one too. But he's scared it will ruin things and he doesn't want to lose her. Love the sex scenes and the attractions these two have for one another.

They whole gang makes appearances too of course. Great read. Stayed up all night cause I had to know. Moral of the story. Don't lie. Always be honest w another. I know sometimes you are just trying to help n timing is always wrong but knowing it ahead of time can sometimes lighten the blow and something's wouldn't happen(bad things)

Read read read!!!

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### **Mary says**

Holy hotness! Troy and Bridgette! Its a great story with some scary stuff and a beautiful love story with some kink....win win win! <3

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### **Shayna says**

L.K. Collins is BURNING UP THE PAGES in Essentialism. It's sexy, witty, and suspenseful. While reading this story, you can tell that Ms. Collins put her heart and humor into this novel. The writing is very strong, and it flows flawlessly. The Life. Destiny. Fate novels are quality reads that will have you craving your very own love story. These stories keep getting better and better. First we had Fatalism, where I was immediately sucked in to the emotional rollercoaster, that we call Alexa and Vincent's world. Passionate and intense, it just had me wanting more! Next up was Determinism, Cara and Abel's story. If it was even possible, Ms. Collins created a story with even more heart, emotion, and heat. That brings us to the gem of a book I have in front of me now, Essentialism, Bridgette and Troy's story. Here, we have a story about the struggles of relationships when one is forced to not be themselves; a story about growth and accepting who you are, and finding that one person in this world who will love you for you. It is beautiful, it is hella' sexy, and it contains so much passion, you will not know what to do with yourself.

Bridgette Schaefer just moved into the neighborhood. She is trying to start her life, and job hunting is a top priority for her. Trying to get a hold of her ass of a boyfriend is another priority she can't seem to shake. Meanwhile, her friendship with the gorgeous, sweet, attending firefighter is growing strong with every text message, every hug, and every sweet kiss on the cheek. Bridgette is so torn between her loyalty and the potential of something that could be really great and really special.

Troy Sorano, this man is SO sexy and SO charming. He has a heart of gold, and he takes care of the people he loves. Troy also has a domineering side, with a fascination with ropes. This is the side of Troy that I think is just down right delicious. He wanted Bridgette the moment he saw her, stealing glances and hugs along the way. When he discovers that she was withholding a certain relationship, he starts to remember his past, and immediately wants to cut all ties with Bridgette, not knowing the depth of feelings he has towards her.

Just when things were going great, an enemy is holding a grudge that could turn deadly. Unexpected circumstances test Bridgette and Troy's love for one another. Is their love strong enough to conquer all? Will they have to change who they are in order to be together?

I am just blown away that this is L.K. Collin's third book! The woman can write like she has been in the

game for years and years, matching the works of some well-known authors. And as far as writing sex scenes...Ms. Collins is at the top of her game with that aspect. Some scenes in Essentialism were some of the hottest scenes that I have read in a while. I was like a giddy school girl reading these parts over and over again. Without a doubt, I highly recommend this book and this entire series. It has everything I like in an erotic romance. The steam factor is off the charts. The emotion factor will keep you laughing and crying the whole way through. The suspense factor is as gripping as you can get. Cheers to another hit Ms. Collins, and may you bring us many more!

\*Gifted copy provided by the author in exchange for an honest review\*

Read more of my reviews at Shayna Renee's Spicy Reads

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### **Keri says**

Bridgette & Troy's story is my favorite!!! I still love my hottie Abel but I love their story. I would die and go to heaven if I had a man as wonderful as Troy(no offense to my hubby). I found it so sweet that he thought his secret in the bedroom made him different in any way. He had his reason for it though. Troy is such a caring and loving human being. He is a very devoted man and treats Bridgette like she's his prized possession. He was definitely taught well by his Mama on how to treat a lady(not so much in the bedroom but many of us ladies out there prefer that). Give me a Troy any day. A Man on the streets but a freak in the sheets!!!!

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### **Letty (Cover to Cover Book Blog Reviewer) says**

This is the third book in the Life.Destiny.Fate series and it tells the story of Bridgette and Troy.

Bridgette(Bridge) is Alexa's little sister and now Cara's roommate. Troy is a firefighter working with Abel. Both Troy and Bridge are fun, loving, and caring people. She's beautiful and he's one HOT specimen of a man. Because of their relationships with the other characters, Troy and Bridgette meet and form a friendship. They start off with texts, but the attraction is instant and explosive. They find that they can't hold off much longer and really want to get together.

Bridge has a little secret, though; she has a boyfriend... a douche by the name of David, who turns out to be a possessive lunatic. Troy hates lies, although he's keeping a secret of his own. When he finds out about the boyfriend, things don't sit well with Troy and a little "break-up" between them takes place. By this time, Bridge has broken up with David and things don't end well with him. Can Bridgette convince Troy of her feelings for him and will he agree to explore a relationship with her? Will revealing his secret scare her away?

There were so many emotions while I was reading this book. The whole gang from the previous books makes an appearance and there are some funny moments. We have love, anger, laughs, tears, and some very HOT sex. Troy and Bridge are so passionate and explosive together and their sex scenes can burn down the place, no matter where you are.

This story was just as good and exciting to read as the others, although they can each be read as a standalone.

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LK's writing keeps getting better with each novel and I am definitely waiting for her other stories.

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### **Heather andrews says**

I fell in love with Troy instantly, "I slap his chest and he releases me placing his hand over the place I hit. "Did you really just hit me? You've got some anger issues, girl." I think it's cute that Troy is consumed with Bridgette, "dammit, Bridgette, I'm gonna need far more than an hour with you. You might as well pencil me in for a full day and I don't even know if that's enough." He tends to speak his mind, "you heard me. My co\*\*'s been hard for weeks; I need to be able to take my time." I mean Troy literally just blurts out what's on his mind:

"Are you on birth control?

Whoa, excuse me? Way to start off a conversation. "Uh...yeah. Why?"

"I don't want us to use protection. I haven't slept with anyone for almost four months, so I promise I'm clean."

He sometimes asks the dumbest questions, "Troy removes his boxers so he's now completely naked and I lean up to get a better look at him. "You wanna see my co\*\*, Bridge?" No Troy the girl just wants to look at your legs. I love how bold Bridgette gets when she's with Troy and I find it amusing it dumbfounds him, "I'll get you whatever you want, baby." She smacks my a\*\* and walks off. I'm a bit chocked at what she just did. No one has ever spanked me before. I run my hands over my fave. I guess I shouldn't be surprised. there's a lot that she does that shocks me." I really do love this series, and I can't wait to see whose on the docket to be next.

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