

DOWNWARD



BETHAN WHITE

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**Downward** Bethan White

**Imagine a man, no stupider or thoughtless than anyone else you might meet.**

He struggles with depression and the denial which is so often its travelling companion, and this takes him on a downward spiral which sucks so many others into his wake.

No fall from grace happens to just one person; the high velocity spatter of a life suddenly in ruins touches everyone and no one is ever the same again.

Not everyone crashes and burns in his headlong flight; some are collateral damage and boy, do they deserve it! Some are hurt but can limp away, to carry on lives which are not worse, just different. Others gain knowledge, perspective and another layer of skin, making them more fit for the rest of their lives.

Love, betrayal, lies and secrets pave the road of good intentions – just as life is never all dark or all light, Downward is peopled with those you will want to slap, those you want to applaud and those who you just want to hug until you make it better. From the time that tiny pebble starts the avalanche until all lies in chaos at the bottom of the mountain, this book will hold you tight and may never let you go.

## Downward Details

Date : Published April 21st 2016 by T Squared Books

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Author : Bethan White

Format : Kindle Edition 222 pages

Genre : Thriller

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## From Reader Review Downward for online ebook

### Boundless Book Reviews says

Wow! This book is extremely true to its title; the story goes downward, the mood goes downward, and the depression goes downward, with no chance of rising. The main character, Chris Rowan, is a Real Estate agent, or as the book calls it, a Letting Agent. He has a huge streak of bad luck, and it only gets worse.

The writing is lovely, complete with the local slang; the characters are well developed, and the plot is unique and full of twists. I felt for Chris' family throughout the book. I felt for Chris at times, and I wanted to slap some common sense into him the other times.

The only negative is after reading this book is; I'm left with unanswered questions; the main one being "why?" a lot of actions were left unexplained. I didn't care for the ending too much either, or the last few chapters. He just kept making choices worse than the previous ones; this isn't a symptom of depression, it's an intellectual challenge.

With that being said; I liked Downward, but it could have been better; this is a 3 boundless stars rating....Beth

<http://www.boundlessbookreviews.com>

<https://www.facebook.com/BBReviews>

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### Maddie M1RiH says

Lost in thought - that's how this book left me.

This book definitely pulled me in then took me on a journey that I kept finding myself rethinking those steps.

We follow Chris Rowan an estate agent, on a journey of self balance, this book is very cleverly written it's bound with life issues that people live with everyday and I really enjoyed how this book was laid out. There was enough twists and turns that had me one minute wanting to shake him then others pat him on the back say 'chin up'

I could give so much away but I won't as this book is one you have to sit and truly take a open mind too I say read alone no disturbance ( I know that's hard ). But this book will have you flowing to the end with questions and once you've indulged in it your want to chat about it to others as this book is one to open up a discussions.

This book was so touching and intriguing your never truly understand Chris's mind set as things like anxiety take root, the way we would of done things are so different then the way they doing them. It's so easy for us to say What, Why! but to him he can't get his mind to think like that it's like a barrier is made and dealt sets in and he might over think things before progressing.

I loved this whole book and each character is unique, inspirational in there own right, even though this book was a little short and I would of loved a few more chapters it's finished with a quality standard.

I give this book 4.5 stars, recommend this to all, I can see this book bringing people together and you certainly be pulled in by its descriptions.

Enjoy.

Read for blog request- Maddie's One Read In Heaven.

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### **Ilona says**

Firstly I have to say the first who pages of the book didn't really draw me in but I am glad that I stuck with it. The story of Chris started off pretty much seeming like he had it together apart from some weird nightmares, to quickly discovering that his life wasn't all it seemed and quickly spiraling downwards as the title suggests. I enjoyed the book, the writing was very good, and easy to read. The flow of it was also very nice. I enjoyed that you sometimes saw things from different people's perspective during the book as well. But I have to say that for me personally I really didn't enjoy the ending. Maybe because it wasn't a happy ever after, cliche I know. Or maybe just because for me it wasn't exactly final. But all in all definitely enjoyed this read, and would recommend other people read it! Especially if you would like more insight into depression and how it really effects somebody's daily life. Also the denial that a majority of men have towards mental health and the stigma attached to it.

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### **Donna Chadwick says**

This may contain spoilers

Author: Bethan White.

Title: Downward.

Genre: crime, thrillers & mystery, psychological, fiction, thriller, novel, crime, mystery,.

I got this book for free in exchange for an honest review. I got this book from t squared books.

First of all I would like to say a big thank you to Bethan White for sending me this book and giving me a chance to read it. I would like to say a big thank you to T squared books for letting me be apart of their book reviewing team.

I would tell people that you should step outside your comfort zone with books because it is good to add more authors and genres to your reading portfolio even if you do not read books like this.

I normally read books of this genre but I also stepped outside my comfort zone I am so glad I did because I have read so many great books and come across some great authors.

Book Dedication: This book is dedicated to all who travel with a black dog at their side.

This book has 229 pages and 17 chapters in it.

I highly recommend this book.

Synopsis: Imagine a man, no stupider or thoughtless than anyone else you might meet. He struggles with depression and the denial which is so often it is traveling companion, and this takes him on a downward spiral which sucks so many others in to his wake. No fall from grace happens to just one person, the high velocity spatter of a life suddenly in ruins touches everyone and no one is ever the same again. Not everyone crashes and burns in his headlong flight, some are collateral damage and boy, do they deserve it! Some are hurt but can limp away, to carry on lives which are not worse, just different. Others gain knowledge, perspective and another layer of skin, making them more fit for the rest of their lives. Love, betrayal, lies and secrets pave the road of good intentions – just as life as never all dark or all light, downward is peopled with those you will want to slap, those you will want to applaud and those who you just want to hug until you make it better. From the time that tiny pebbles starts the avalanche until all lies in chaos at the bottom of the mountain, this book will hold you tight and may never let you go.

Review: I found this book really easy to get in to. I found it really hard to put down once I started reading it. I was hooked on this book after reading the first page this book is totally gripping. It will leave you wanting more. I am so glad this book is on my bookshelf. It did not take me long to finish this book I wish this book did not end and I was sad to finish reading it. I would happily read this book again. I could not get enough of this book and storyline. I wish I could read more from this author and storyline. I can not put in to words how great this book is I would tell people to read it for themselves to know how great it really is. Chris and Megan sound like a great couple. I was sad to read that Megan's mother told people that Chris was hitting Megan and Chris ended up losing his job because of it. Chris's boss sounds stupid and I can not believe Chris's boss is cheating on his wife. No body deserves to be cheated on. I think Chris only slept with that horrible woman because of the medicine that his old friend Mark give him, I can tell Chris only loves Megan and their son Kyle. I was sad to read that Chris's father passed away and then his mother married a vicar and she sold the house where Chris and his sister Claire grew up in and his mother left behind the heights of both her children that she marked on the wall. She also left all the memories that she, her husband and her children made in the house. I hope Chris and Megan get back together. It is sad that Chris has nightmares about being attacked by a black dog. I am glad Dave's wife found out he was having a affair it is very sad he cheated on her. The woman he cheated on her with quit her job kinda glad she did. It was funny to read that Dave's wife took over her job and grounded him for life. It was nice to read that Gavin was marrying the women he got pregnant and it was really nice that he invited Chris to his stag do. I wish Dave would give Chris his job back. It was nice that Chris give Megan half his money for herself and Kyle. It sounds like Chris's stepfather is jealous of the time his wife is spending with her son. He was upset over flowers and that they ended up on his car. I hope Chris finds somewhere to go because he does not want to mess things up for his mother and his stepfather. It was nice of Chris's mother to give him some money and her husband should not be watching porn because he is a vicar. It was nice that Sam found a nice lady to look after Kyle so Megan could have a night out. I was very upset that the women Gavin was marrying got drunk while she was pregnant she clearly does not know drinking when pregnant can hurt your baby I hope the baby is okay. It was nice that Mark invited Chris in to his flat for a guys night. I like that Mark was helping Chris and I am glad Chris went to the doctors and was going to the job centre and somebody about a place of his own. Mark sounds like a great guy/friend I really liked this book. Cassie sounds like a great lady and she knows what Chris is going through because she is going through the same. Lily sounds like she is great with children. Kyle sounds like he really likes Lily but it also sounds like he misses his father and it also sounds like Megan misses Chris too. Sarah's husband sounds like he thinks that bringing her a plant home will make everything better I think he should know that it does not. I was sad to read that Chris's father passed away due to cancer. It was nice that Megan had spoke of her worries for and about Chris when she went to the doctors with

herself or Kyle. I am glad to read that Chris is getting help with the nightmares and headaches I think he should go for a MRI scan. I was sad that the job centre and housing offices could not help Chris. It was nice that Chris went to stay with his sister Claire and it was nice that she bought him some new clothes for his past birthday's. It was nice that Megan was going out again just wish it was with Chris not Will. It is nice that Kyle likes Lily so much I can tell Chris and Megan love each other so much I think they should get back together and Kyle would have both his parents back under the same roof again. I think Megan should know that Will sleeps with both men and women. I am glad that Will told Megan that he is gay. It was really nice to read that Megan asked Will to help her find Chris and help make things right with him I was glad that Claire told Chris to confront Louise Taylor to ask why she was spreading lies about him. It was nice that Claire give Chris some money to help him. It was funny that Louise Taylor lost her job at the doctor's offices. It was nice that Megan was going looking for Chris I was very sad to read that Chris was stabbed and passed away alone in the cold park and Megan was not far from finding him it is so sad that Megan and Kyle are not going to see Chris again and I was sad to read that when Chris confronted Louise Taylor she fall and hit her head and passed away. When I was reading this book I would put some essential oils in my humidifier and put the lights on my humidifier on and chill on my bed and listen to magic or spotify or something on television or netflix. I also put on my christmas lights on that are on my christmas tree. I sometimes light a candle when I am reading this book. It is good to chill and read a good book when you are not well or in pain like I am with arthritis. I reviewed this book on goodreads, my blog, amazon UK and US and I also took a picture of this book and shared it on Instagram that I made just for pictures of my books it is called [Donnareviewsbooks](#).

**About The Book:** I really like this book cover and I like that it is white and the writing and picture is black because it makes it stand out more. I like the picture it is fitting for the story and name of the book.

**Star Rating:** Five Out Of Five Stars.

I wish I could rate this book more then the five stars because it is worth more then the five stars I rated it.

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## **Books Laid Bare says**

### 4.5 Stars

A book for the socially astute to digest and reflect on, this is a book that you will probably find best read alone, there are aspects that will leave you bewildered and explaining that gawping look on your face is never an engaging prospect, but it is one that you will want to spar over with friends so it might be good to have your bestie read it at the same time, I know I did- I made her buy it!

The story follows estate agent Chris, now hardly an exciting career choice I know but when things get going I was sure that he was probably thanking his lucky stars that he wasn't a scientist or surgeon or something along that ilk because when his life starts to implode it does so spectacularly!

There are a number of twists and turns that mean that Chris is facing a torrid time, he is trying to be all things to all people and all the while not really succeeding at being the man he needs to be for himself, I could have throttled him at times, but at others I just had the feeling he needed a hug!

It isn't easy for anyone to find that happy place, the middle ground between work and life but it has to be

there somewhere but when your downtime, the hours where you can close your eyes and shut the world out start to hang heavy over your head too then you know that you are on a slippery slope. Chris was hurling towards that unceremoniously and it wasn't a pretty sight.

I thought he reacted poorly at times to some situations but then again, I am no expert on how he should have acted given his state of mind. But I think the author played the whole situation very cleverly and wasn't afraid to shuffle things up a bit but lobbing in the odd curveball every now and again just to make sure you didn't get too comfortable with the story.

The author packed a lot in what is effectively a fairly short novel and at times it seemed to move a little too fast for the characters but it didn't take long for the author to actually reign them in again but that being said it takes its toll.

I felt for Chris, I really did, I worried for his sanity and struggled to actually absorb the intensity of what was happening and I do think that is what sets the story apart it makes you think; I mean not just the usually passing fancy of consideration but a proper reflection of "what the heck"

The book is very well written, it is descriptively effective and can certainly be filed in the needs a second read file.

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