



# The Perfect Friend

*Barbara Copperthwaite*

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**The Perfect Friend** Barbara Copperthwaite

She'll do anything for you...

My name is Alex, and my world has been shattered.

My husband has left me.

My children won't speak to me.

My friend Carrie is the only person I have.

She's the only one I can trust to keep all my secrets.

She'd never do anything to let me down.

Would she?

This dark, gripping psychological thriller will have you holding your breath until the very last page. Fans of Behind Closed Doors, Sometimes I Lie, and The Girl on the Train will be captivated.

## The Perfect Friend Details

Date : Published July 5th 2018 by Bookouture

ISBN :

Author : Barbara Copperthwaite

Format : Kindle Edition 320 pages

Genre : Thriller, Psychological Thriller, Mystery

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## From Reader Review The Perfect Friend for online ebook

### Louise Wilson says

My name is Alex, and my world has been shattered. My husband has left me. My children won't speak to me. Carrie is the only person I have. She's the only one I can trust to keep all my secrets.

Alex has anorexia. She met Carrie at a support group. Carrie has terminal cancer and she has no one she can depend on. Carrie is trying to make the most of whatever time she has left. Alex is estranged from her family. She is also old enough to be Carrie's mother. But despite the age gap, the women have become close. This is another one of these books that you can't say too much more as it would spoil the plot for you.

Well, this is a well written, tense gripping, edge of your seat read. The story is told by both of the women's point of view. I liked the thrill of the chase feel to this story. At first I liked both Alex and Carrie, then I disliked them both in equal measures. I do recommend this book.

I would like to thank NetGalley, Bookouture and the author Barbara Copperthwaite for my ARC in exchange for an honest review.

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### Jenny says

A trauma support group provides the meeting place for Alex and Carrie, the main characters in The Perfect Friend. As they interact in each other's lives they form a friendship but not a perfect one. Carrie and Alex lie to each other, to themselves and to those around them.

Issues of cancer, anorexia, spousal abuse, and death normally evoke feelings of compassion and concern. Not this time. By the time their interaction ends, neither character is likeable or redeemable. To remedy this, the author resorts to a weak ploy, four chapters of background and excuses are tacked on to make us care. But weak excuses and illogical background fail to move us.

I received a copy of this book via Netgalley. This did not effect my review of this book.

#netgalley #thepperfectfriend

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### Mackenzie - Traveling Sister says

*When everyone knows you are a liar, don't expect them to believe you when you tell the truth...*

4.5 telling-lies stars!

Wow, what a twisty read *The Perfect Friend* by Barbara Copperthwaite is!!! About 20% in, I found myself thinking, what is this book? And then by 50% in I could barely put the book down! This was my first book by Copperthwaite, but several reviewers who've read her other work say that readers should always expect twists and secrets and lies. And boy, were they right!!!

### About the Book

Alex is trying to rebuild her life. Her husband has left her. Her kids won't speak to her. And alone in the world, Alex turns to restricting her eating in order to gain some semblance of control over her life. And then she makes friends with Carrie. Carrie is the best friend and daughter that Alex desperately wants back in her life. And Carrie also has terminal cancer... Alex finally feels needed.

Alex is the perfect friend for Carrie, but Alex is also a self-proclaimed liar. Alex becomes more and more dependent on her relationship with Carrie. But is Carrie the friend Alex thinks she is??

## **Reflection**

I hate to say this, but I actually can't say much about this book! I know, I know, it drives me nuts when reviews say that. But this one will go in its own direction and I am terrified of spoiling it! Just enjoy it. Get through the beginning (which is covered in my recap). Once the twists start, they won't stop. I'm actually so excited for people who haven't read this book yet!

Alex is a fascinating character. She calls herself a liar. She says she can't be trusted. But she also is incredibly honest at times. Alex is so vulnerable. She is a person who is almost overwhelmed by life. She uses external control to manage her darkest demons. She has almost too much love to give. Her relationship with Carrie is completely bonkers. But there is something sweet about their friendship. There is something hopeful about two lost souls finding one another at their time of need.

But then, you can throw all of that out the window once those secrets start coming out! No one is telling the full truth. But the key is figuring out what are the secrets and what are the lies!!

Thank you to Bookouture and to Barbara Copperthwaite for a copy of this book to review.

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## **Sherri Thacker says**

Wow!!!! This book!!! Holy cow!!!! So many lies ... who can be trusted? NO ONE!! I wasn't sure what was going to happen next but i had to keep reading!!! So many twists and turns throughout the whole book. When I thought one thing, it was another!! And on and on and on. This was a great book. Well written. There are some heavy subjects throughout - anorexia, cancer, physical abuse ... so much packed in this book. It's due out July 5, 2018. I highly recommend this one if you're looking for a psychological thriller unlike any other!!! Thanks to the publisher and NetGalley for providing me with a early copy for my honest review. Will definitely look for more books by this author.

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## **Jennifer ~ TarHeelReader says**

### **4 beguiling stars to The Perfect Friend! ?? ?? ?? ??**

Alex has lost it all. Her husband has moved out, and her children want nothing to do with her. All she has is her closest friend, Carrie, who she trusts implicitly. But should she?

Alex has anorexia, and she meets Carrie in a support group. Carrie has terminal cancer and likewise has no one to depend on other than Alex. It's the perfect storm of circumstances to unite two needy best friends.

Carrie also wholeheartedly trusts Alex, but should she?

If you like unreliable narrators, you've scored two here! The Perfect Friend is a quick, captivating read. At first I felt deeply for Alex and Carrie and their personal struggles, but then I was not sure where I was being led by these two! My inner skeptic put my guard up, but that did not keep from enjoying their story.

Overall, The Perfect Friend was an original and entertaining read, and it kept me beguiled from beginning to end.

Thank you to Bookouture for the ARC. The Perfect Friend will be published on July 6, 2018.

My reviews can also be found on my blog: [www.jennifertarheelreader.com](http://www.jennifertarheelreader.com)

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## **Berit??? says**

### **5 Perfect Stars ?????**

*"I lie to myself all The time. But I never believe me."*

~S.E.Hinton

This book was quite the ride! Two unreliable narrators for the price of one, got to love that! Barbara Copperthwaite how in the world do you come up with this stuff, this was crazy! Also how long did it take you to learn to spell that last name? that last name is crazy long! Do you ever look at somebody's last name and think... thank goodness I did not need to learn to spell that in kindergarten... my last name has a total of four letters so I was lucky! Nobody can pronounce it, but it's easy to spell... but I digress....

Alex and Carrie met at a support group... Alex has reached rock bottom her husband and children want nothing to do with her, and she has developed adult anorexia... Carrie has terminal cancer... Alex and Carrie form a bond a tight friendship... they rely on each other... they need each other... and they trust each other implicitly... sounds lovely, right? The problem... both Alex and Carrie have a little problem with telling the truth.... this is the true brilliance of this book... I did not believe a single word that came out of either of these girls mouths.... and I thoroughly enjoyed trying to unravel the puzzle of what was true and what was a lie....

This was a book that had you second-guessing everything... finding suspicion in everything... there were twists and turns and just when you thought you had it all figured out... not so fast... BAM that final twist!

Absolutely recommend to fans of a twisty psychological thriller with two seriously unreliable narrators??

\*\*\* many thanks to Bookouture for my copy of this book \*\*\*

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## **Kaceey - Traveling Sister says**

### **3.5\***

This book can be divided into three distinct parts. That's exactly the impression I had reading this one.

**The beginning:** A slow start for me, not really feeling a connection, and unable to see any true direction.

We are introduced to Carrie, a young woman in a support group. Living in constant fear, forever looking over her shoulder. Also attending the support group is Alex, nearly old enough to be Carrie's mother. But somehow the stars align and these two lost souls meet up.

**The middle:** Alright, this is where it got really good! The story completely lit up, and I couldn't read it fast enough. With so many lies and deceptions coming from every direction, I had no idea who was telling the truth or what new whopping lies were right around the corner! So naturally my expectation for the ending was off the charts!

**The end:** Lastly, I lost any hope I had of giving five stars to this book. I anticipated being treated to the payoff of reading the shocking turns. Instead, it seemed as though someone felt obliged to explain how everything took place. Come on! I want to discover all the hidden gems on my own, not having it spelled-out for me. Sadly, my stars just started disappearing before my eyes.

Still, in the end, I will say the positives outweighed the negatives! I know a lot of people have been loving this one and I hope you will too!

A buddy read with Susanne!

Thank you to NetGalley, Bookouture and Barbara Copperthwaite for an ARC to read in exchange for an honest review.

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## **Jayne says**

I've been meaning to read a book by Barbara Copperthwaite for quite some time, so I was thrilled when I got the opportunity to read "The Perfect Friend" (Available on July 5th!)

Alex is suffering from Anorexia, and no longer has a relationship with her husband or twins.

Carrie has been diagnosed with terminal Cancer.

They meet in a support group, and Alex feels almost maternal towards Carrie. She makes it her mission to make the rest of Carrie's life, all that it can be.

But, Alex is a self proclaimed liar. Does she have an ulterior motive or is she the "perfect friend"?

I have to admit that I was NOT fully invested in this story till about the 50% point.

Having read a LOT of thrillers this year, I am finding it challenging to decide on a fair rating for this book...

The first twist was also the twist in an earlier read this year.

The second twist was in a different book, also recently read.

I won't mention those books, here...so that other readers can be surprised when I was not.

If you have not read those same books, I believe that YOU will enjoy this book more than me, because YOU will have more jaw dropping moments than I did.

At the 50% point, the pace picked up and I began to enjoy the story more.

I did want to find out if either of these women could be considered a "perfect friend" and if the ending could surprise me. (some of it did!!)

For that reason, I am going to go with a 3.5 star rating (rounded up) as I think that readers who don't guess the first two reveals WILL find this book satisfying.

Thank You to NetGalley, Bookouture and the author for the ARC I received in exchange for my candid review!

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## **Malia says**

The Perfect Friend by Barbara Copperthwaite is quite a clever mystery, and though it started a bit slower than I expected, the pace really picked up about halfway and I had a hard time putting it down then! The story starts with Alex, a woman going through a rough time. She is not in good health and is trying to recover as she deals with some overwhelming personal issues. I don't want to give away too many details regarding the plot, because there were quite a few twists I wouldn't want to spoil for anyone. Alex meets Carrie, a young woman suffering from cancer, and they become fast friends. Something, however, is not quite right with Carrie and as Alex begins to investigate, she has to face and reveal some of her own secrets. The strong point of this book, for me at least, was the way Alex developed as a character. I am such a character-based reader and found myself wanting to learn more about both Alex and Carrie. I have been reading so much crime fiction this summer, some of the stories are blurring together, but I think The Perfect Friend will be quite memorable because of the strong description of the characters. The plot is engaging, but I did guess quite a few of the twists before they came. I didn't really mind this, as I mention, my heavy fare of mysteries has possibly spoiled the unpredictability of many books these days. That being said, I was never bored. I did wish some of the figures in authority had respected Alex's concerns more and not dismissed her on account of her illness, but maybe it's not unrealistic. Overall, I found this to be a satisfying, solidly plotted and written mystery by an author I will happily read again in the future!

Find more reviews and bookish fun at <http://www.princessandpen.com>

Thanks to Bookouture for supplying me with a copy of The Perfect Friend in exchange for an honest review.

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## **Helga says**

Secrets, lies, manipulations and more secrets.

“... I am a liar. There isn't a single aspect of my life that isn't ruled by deceit. It seeps into everything, a poison that weakens, taints, kills all it comes into contact with. The biggest distortions are those I tell myself...”

Alex who is estranged from her husband and children, is suffering from anorexia. She meets Carrie, who has terminal cancer during a support group get-together and takes her under her wing and becomes her new best friend. She would do anything for her, but can she trust her? Can she trust herself? Can we?

The Perfect Friend has all the elements of a psychological thriller and some more.

An absolute treasure! A compelling, delicious and un-put-down-able read.

Thanks to Barbara Copperthwaite, Bookouture and the NetGalley for providing me with a copy.

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## **Susanne Strong says**

3.65 Stars\* (rounded up).

Alex and Carrie meet at a support group. Alex is an anorexic. Her family no longer wants anything to do with her and because of that she becomes a shell of her former self. She is also a compulsive liar and she admits it. (Funny, I'm not sure I would if it were me!) Carrie is suffering from terminal cancer and has no one, that is until Alex takes her under her wing. They immediately become the best of friends, with Alex wanting to make Carrie's last days, her best days.

What's in it for Alex? Can either woman be trusted? Is there such a thing as "The Perfect Friend?" I won't answer that.

What I will say is that this mystery / suspense is full of twists and turns, some of which are jaw dropping and some of which I found to be a bit far-fetched. That said, "The Perfect Friend" is a quick, easy, entertaining read which I enjoyed.

This was a buddy read with Kacey. Thanks for keeping me company on this one Kacey!

Thank you to NetGalley, Bookouture and Barbara Copperthwaite for a complimentary copy of this novel in exchange for an honest review.

Published on NetGalley and Goodreads on 6.25.18.

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## **Carrie says**

The Perfect Friend by Barbara Copperthwaite is a psychological thriller that follows two friends, Alex and Carrie. Having read a couple of other novels from the author I knew I wanted to read this one but a big plus for having a character with my namesake in the book because I really have a tendency to grab those!

The ladies, Alex and Carrie, met while at a support group and were drawn to one another. Alex's husband has left her and her two children, twins, will not even speak to her and has developed anorexia from all of the stress. Carrie has been battling cancer for a while and this time it has caught up with her and the end is getting near.



One would ask how in the world could a story about two best friends that need each other for support could fall into the psychological thriller category? But this being a novel from Barbara Copperthwaite I knew there was going to be some twists and turns coming. I've gotten to the point that going in to one of her novels that I just don't trust her characters but I do enjoy the ride waiting to find out what they'll have in store for me. Again this would be another that you have to dive in and uncover all of those secrets and when you think you are done just think again.

I received an advance copy from the publisher via NetGalley.

For more reviews please visit <https://carriesbookreviews.com/>

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### **Jill Croce-McGill says**

Secrets and lies! Nothing is what it seems... Or is it?

The book follows two women, Alex and Carrie, who met in a support group. They became best friends from the first day they met. With Alex suffering from anorexia and her family not speaking to her, and Carrie dealing with terminal cancer and being all alone, they were each other's support system. They really are perfect friends... But should they be? Alex would do anything for Carrie, after all, they are best friends! But, can she really be trusted? We soon shall see!

The Perfect Friend is a dark, twisted, and disturbing read that has an ending you won't see coming. A great psychological thriller that I highly recommend!

Many thanks to NetGalley and Bookouture for the ARC.

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### **BIBLIOMANIAC MJ says**

4.5 ??

The Perfect Friend...is there such a thing?

Alex is a self proclaimed liar, recovering from adult onset anorexia after her husband left her, her two children following him. It is at a support group where she meets Carrie, suffering from terminal breast cancer. The two quickly develop a mother-daughter type relationship, with Alex eager to atone for her past by helping her new friend in her hour of need, at the expense of concentrating on the complex issues that led to anorexia taking her life hostage.

From the onset, the reader is led to believe that there is far more to the story than what we are first told. As we delve further in, as a result of strange occurrences, Alex begins to question whether Carrie is who she claims to be. These questions have us doubting whether the character's version of events is that of truth or delusion. This certainly piqued my curiosity, having me eager to find out who the liars and deceivers were amongst this crazy cast of characters.

Admittedly, it was slow going for quite a while, the plot alternating between past and present, concentrating

on building up the themes of controlling behaviour, hallucinations, anorexia, domestic abuse and cancer. But fret not, as all is very necessary to this well constructed plot. You will be well pleased once the multiple twists have your pulse racing and your jaw dropping, with each chapter revealing another layer of dizzying duplicity and " oh my gosh, I didn't see this coming " type moments, toying with your brain matter to the very end.

This psychological thriller will have you completely undecided as to who the liar is and who is not. I love it when an author can play an expert game of back and forth trickery of the mind, playing with it as if it were a pummeled tennis ball on a Wimbledon court. I highly recommend this to all who enjoy a good mind whipping.

Many thanks to Barbara Copperthwaite, Netgalley and Bookouture for an ARC in exchange for my honest opinion of this book. It was my pleasure to read my third novel by this author, this one being my favourite.

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### **Julie Parks says**

This is a thriller formula book. Though, to compare it to *The Girl on the Train* and *Behind Closed Doors* is a bit bold.

It starts exactly like two other books I've read this year - with a monologue held in a support group, and from there on you're introduced to the leading character. Through that also comes her attitude towards others and descriptions of other characters (the proclaimed, *Girl on the Train* part I guess) that you soon start suspecting isn't all it's cracked out to be (the proclaimed *Behind Closed Doors* part, I guess).

This book makes for a challenging guessing game, I'll give you that.

But it doesn't surprise at all in terms of its structure, character development, and even action.

It's perfect for psychological thriller lovers who like to make personal predictions about what's going on and then read it all in one night to see if they'd been right. I think this is what they call a book club book.

Thank you NetGalley for the chance to read this copy in exchange for my honest review.

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