



## A Way from Heart to Heart

*Helena Fairfax*

[Download now](#)

[Read Online ➔](#)

# **A Way from Heart to Heart**

*Helena Fairfax*

## **A Way from Heart to Heart** Helena Fairfax

After the death of her husband in Afghanistan, Kate Hemingway's world collapses around her. Kate's free time is spent with a charity for teenage girls, helping them mend their broken lives – which is ironic, since her own life is fractured beyond repair.

Reserved, ex-public school journalist Paul Farrell is everything Kate and her teenage charges aren't. But when Paul agrees to help Kate with her charity, he makes a stunning revelation that changes everything.

But can Kate take a risk with her son's happiness as well as her own?

## **A Way from Heart to Heart Details**

Date : Published November 18th 2014 by Accent Press (first published November 16th 2014)

ISBN :

Author : Helena Fairfax

Format : Paperback 231 pages

Genre : Romance, Contemporary Romance, Business, Amazon

 [Download A Way from Heart to Heart ...pdf](#)

 [Read Online A Way from Heart to Heart ...pdf](#)

**Download and Read Free Online A Way from Heart to Heart Helena Fairfax**

---

## From Reader Review A Way from Heart to Heart for online ebook

### Arlena says

#### Book Description....

"After the death of her husband in Afghanistan, Kate Hemingway's world collapses around her. Her free time is spent with a charity for teenage girls in London, helping them mend their broken lives - which is ironic, since her own life is fractured beyond repair. Reserved, upper-class journalist Paul Farrell is everything Kate and her teenage charges aren't. But when Paul agrees to help Kate with her charity by accompanying her on a trip to the Yorkshire moors, he makes a stunning revelation that changes everything, and leaves Kate torn. Can she risk her son's happiness as well as her own?"

Title: A Way From Heart to Heart

Publisher: Accent Press

Reviewed By: Arlena Dean

Rating: 5

Review:

"A Way From Heart to Heart" by Helena Fairfax

#### What I liked about this novel....

It was a sad story at the beginning with Kate Hemingway having lost her husband Stuart while serving in Afghanistan but all is not lost for her because she had her son George and her best friend. However, there was someone else in the picture...George's godfather who had also been Kate's husband's Stuart's best friend. I loved how this story comes together about in that Paul is definitely been placed into Kate's life for a reason. We find from the story that Kate is a top model with a son and is determined to make it rebuilding her life, however, with this editor of a local newspaper be able to offer any help as he will be drawn into her world? There will be some twist and turns for Kate and Paul as they discover what they have together as Paul is drawn into Kate's 'At Home' program which involved disadvantaged teenagers. Will Kate be able to see a different side of Paul as they are drawn together? This is where I say you must pick up the well written novel to see how well this is all brought out by the author. I loved how this author was able to keep me wondering all the way to the end will they or not get together? Why is Kate so afraid to get close to Paul? "A Way From Heart to Heart" was a good read of 'love, loss and friendship.' Would I recommend? YES!

---

### Jo Barton says

Following her husband's untimely death in Afghanistan, Kate Hemingway's life is broken beyond repair, but the need to keep her young son's life stable and secure gives her a reason to carry on. In the wake of this tragedy, Paul, her husband's best friend, continues to keep contact with his godson, George, and yet, Paul has always been aloof and slightly reserved around Kate, as such, the relationship between them is rather strained. Helping other fractured lives helps Kate comes to terms with her loss and when she accompanies a group of troubled teenage girls to the Yorkshire Moors, she is unprepared, when Paul, in his role as newspaper reporter, asks to join the group. What then follows is a touching and beautifully written story

about the power and healing nature of love.

The author's light and easy style of narrative captures perfectly the emotional insecurity of someone devastated by loss, and of the indecision and uncertainty of growing sexual attraction. Kate's struggle for control is something everyone can identify with, and her emotional journey is expressed with both warmth and understanding. The controlled passion between Kate and Paul is quite understated but no less powerful because of that, and their burgeoning relationship is a real joy to read.

There is a lovely tenderness to the narrative which I found rather refreshing, as all too often love stories can spend far too much time in the bedroom. In *A Way from Heart to Heart*, I enjoyed getting to know all about the characters; about the life experiences which had shaped their personalities and of their weaknesses and strengths. Of course, this is a love story, so it helps enormously that both Kate and Paul are attractive and likeable, and you can't help but hope that everything works out for them.

I read this book almost in one sitting; it's a great book to curl up with, preferably with a cup of tea and a packet of chocolate biscuits close at hand.

---

### **Joan says**

It's always easy to write a review of a bad book. It's a bit like going to school on parents evening, and the teacher says your child is doing well, in fact **really** well. There's not much more to say is there? No conversation about how you can improve their reading, or work on their behaviour, nothing about their lack of social skills or inability to listen in class. They are achieving everything that is expected of them, and more. And the parents sit there and really want to learn more about how good their child is, but there really isn't that much to say.

This book is a bit like that. I started reading it last night, woke up and finished reading it this morning and then went back to the start and began again. I haven't done that with a book for a very long time.

The characters are wonderful. I love a damaged, vulnerable H, and Paul is exactly that. A quiet, outwardly confident and successful man who appears to be totally in control. But there are a couple of moments when we see through that shell and see the man he really is.

A couple of scenes had me nearly in tears, and no, I am not going into further detail. This is a book you need to read for yourself without any forewarning about events. I loved the rich details and the gentle prose. Little moments such as when Paul is crossing the bridge, or sitting drinking his beer. Kate is never over-dramatic, or hysterical or 'sassy'. She is one of the most believable h's I have read for a long time. Nothing jarred, nothing felt wrong, nothing seemed false or rushed. I was drawn into the story and I was there, with them.

A couple of additional thoughts: Kate's son, George, was utterly delightful and believable, and the t-shirt moment at the start was heartbreakingly perfect.

5 stars. I am probably going to purchase a 'dead tree' copy of this novel. And I don't often do that with Kindle books.

---

### **Janice says**

Thank you so much to Brook Cottage Books for the opportunity to join the blog tour for Helena Fairfax's new book!

Kate (Katerina) Hemingway's husband, journalist Stuart, has been killed in Afghanistan. Through the devastation and heartbreak of his loss she has created a safe circle, consisting of herself, her young son George and her best friend Orla. Once a month, Stuart's best friend Paul comes to take George on an outing. Paul is also a journalist, but as opposed to the warm, friendly Stuart, he is cool, detached and unemotional. After her difficult youth, Kate is passionate about the charity organisation she works with: At Home, a loving and supportive space for at-risk teenage girls. Her enthusiasm for her cause leads her to let her guard down enough to cautiously approach Paul for his help in promoting At Home. To her surprise, he is willing to go out of his way to do whatever he can to help, and leads her to think that there is every possibility that the façade Paul presents to the world isn't necessarily indicative of the person he truly is.

This is a gentle, sensitive novel about loss, trust, strength and most of all, love. Kate and Paul are both so damaged by the loss of Stuart that there will always be a permanent, gaping hole in their lives where he should have been. But they struggle through their difficulties to prove that there is a way to love again, even after such an overwhelming loss, and even when Kate is so reluctant to allow herself to love someone for fear that she will once again lose them – a pain that she cannot suffer again. They're both so likeable, and I found myself silently cheering them on – especially Paul, as he goes out of his way to prove himself and his sincerity to Kate.

One of the loudest, clearest messages that this book conveys is that our own perceptions and assumptions about people can lead us to completely misunderstand others, which leads to an automatic misreading of situations that we may find ourselves in with them. Instead of always presuming that we know how another person feels and how they are going to respond to us, we would learn and understand so much more if we just listened to them with an open heart and mind in order to know who they really are.

The title of the book – a way from heart to heart – comes from the Afghan proverb, literally meaning that love finds a way into another's heart. If it is meant to be, then love will find a way for it to be.

This is a truly warm and enjoyable book, best read cuddled up somewhere cosy with your favourite comforts: tea or coffee, and enough chocolates and biscuits to see you through until you've finished reading!

---

### **Leona Grace says**

Delightful story. I loved all the characters and the way the story and the relationship developed. Definitely a book to re-read.

---

### **J.B (Debbie) says**

A Way From Heart to Heart immediately shares with us Kate's terrible grief at hearing her beloved photographer husband is killed in Afghanistan. Her fighting against the urge not to check the news when she hears that a photographer has been killed and being told the news by his cold and stuffy best friend Paul is heartbreakingly sad. Life can change in an instant, and it certainly does for Kate. Widowed with a young son now, the only constant in her life remains Paul who comes to take her son George out once a month. However,

Kate is blinded by her dislike for Paul and fails to see that he has remained in her life, a background presence. Although he adores his Godson George, that is not the only reason he continues to be a part of their lives.

Kate is a successful model who has come from very humble beginnings and wants to put something back into the world to try to help young girls who like her, had no one to care. Against her better judgement she asks journalist Paul for help. Surprised by her ever changing opinion of Paul, Kate can't seem to reconcile her opinion of Paul with how he is making her feel. Paul himself has hidden depths and Kate must re-evaluate her view of him. However, that is so difficult to do at times as Paul's personality appears to change almost instantly. A protective mechanism perhaps?

I really enjoyed this book. It explores so well the engulfing pain of grief and the almost crushing fear of moving on. Each character in the book develops at just the right pace, giving the reader insight into what makes them so fragile. I became so caught up in their story that I was desperate that both find happiness - preferably together! Full of great secondary characters too, who couldn't fail to fall in love with little George. His hero-worshipping of Paul is kind of sweet and it's easy to see why Kate is so desperate to protect him. I loved that Kate initially had such a dislike for Paul and a preconceived idea of what he was like. But, was this feeling towards him really a subconscious way to protect herself just as Paul may be doing? The book resonated so many issues with me that I found it difficult to put down. It explores, grief, fear, love and how the past can and does shape us and our actions. Sometimes it's easier to take a step back than to take a leap of faith. Easier, but not always the right thing for our hearts. A recommended read! A story told in a gentle, quiet and beautiful way.

---

### **Aditi says**

*“To take that second chance, we need to notice where we are and be open to the possibility of growing.”*

----Holly Elissa Bruno

Helena Fairfax, a British author, pens her new novel, *A Way from Heart to Heart* which is all about second chances, forgiveness, friendship, charity and motherhood tracing a popular model's life after her husband is killed in a suicide bomb attack.

### **Synopsis:**

*After the death of her husband in Afghanistan, Kate Hemingway's world collapses around her. Kate's free time is spent with a charity for teenage girls, helping them mend their broken lives – which is ironic, since her own life is fractured beyond repair.*

*Reserved, ex-public school journalist Paul Farrell is everything Kate and her teenage charges aren't. But when Paul agrees to help Kate with her charity, he makes a stunning revelation that changes everything.*

*But can Kate take a risk with her son's happiness as well as her own?*

Kate a super-model is left widowed after her photo-journalist husband, Stuart, gets killed in a suicide bomb attack in Afghanistan. Kate's son, George was really a little boy when this accident happened, so he couldn't decipher the loss of his father, mostly because it was filled up by Stuart's best friend and a world famous journalist named, Paul, who supported the family like a father for two years. But now, it has become hard for him to hide his feelings from Kate when she asks for a favor to be interviewed candidly by his newspaper, and when that article came out, Paul's feelings for Kate overflowed in those beautiful words. Kate embarks on a journey to help and support a charitable organization of helpless and homeless young teenage girls along with the lingering question whether she wanted to open up her heart for Paul.

Firstly, I'd like to say that this is one of the most soul-touching and heart-warming stories that I've read this year. Kate and Paul's journey is one of an enlightening and inspiring ride. Both suffered equal amount of pain, Kate's loss of Stuart and Paul's loss of Kate, from the moment he laid eyes on Kate, he fell in love with her and for all those years he masked his feelings for Kate. And it was really a beautiful moment when the author revealed the feelings of Paul through that article to Kate.

The writing is extremely flawless, layered with some deep emotions which can deeply move anyone. The pacing is good, very free flowing, with articulate narrative style which is kept alternating between Kate and Paul and that really let me see through both these character's POV. The author have unfolded the whole story with great depth and because of which I felt engrossed to it's very core.

The characters are all strongly developed and the main character, Kate is created with lots of flaws and the author have managed to give her a lot of pain. Kate carried a lot of past baggage from her painful childhood, moreover, after the loss of her husband, Kate became more stronger mainly because of her son. Kate's motherly love have been very compassionately featured by the author. Paul on the other hand, is a man of few words, who is shown very supportive of Kate. There are lot of other supporting characters which too managed to leave an impressionistic mark upon my mind with their demeanor.

Overall this is a compelling and emotional story which kept me glued till the very end. I believe this book will appeal to all the contemporary romance readers.

**Verdict:** *Do read this moving and poignant love story which will definitely open your eyes about second chances.*

**Courtesy:** *Thanks to the author, Helena Fairfax, for giving me an opportunity to read and review her book.*

---

**Rose English says**

### **Book 37 of my Reading Challenge**

A sad yet beautiful romance. The story of a young woman who had a hard life growing up yet was rescued by the love of her life. Happiness never lasts long and a truly tragic incident brings great sorrow.

The author weaves for us some beautiful scenes, I felt I was often transported to the very top of the hillside on the Yorkshire Moors gazing down over

*'...mile upon mile in soft shades of greens and lilac. Here and there dark green trees dotted the fields like the bobbles on a woolly jumper. The sky was a glorious shade of blue, streaked with airplane trails.'*

Wonderful very highly recommended.

---

### **Deb says**

#### **Yaaawn**

Premise of the book is good, and could have been very interesting. Unfortunately, it was blah. Most of the book was spent describing how cold and unfeeling the main characters were - or were pretending to be. The British lingo and descriptions were also distracting for me. Not sure what made me purchase this book, but just can't recommend it.

---

### **Susie Price says**

Having never read anything by Helena Fairfax before I wasn't sure what to expect .... I loved this book!! It's warm, it's endearing and it makes you smile. There are some very arduous life events that main character, Kate, goes through, but the author writes so beautifully that the book is light and breezy - quite an achievement!! The characters are very well developed and I felt huge empathy with Paul, a wonderful man that made me smile throughout. The story flicks from Kate's to Paul's point of view at times and this really gives the book a good depth. Read this book! You won't be disappointed!!

---

### **Caroline Barker says**

A Way From Heart to Heart is a lovely, emotive and heart-warming contemporary romance story that draws in the audience and takes hold from the very beginning. Kate's character is developed so well that the reader feels her sadness and loss at the death of her husband, Stuart, and later we learn of her worries and fears for her future – for her son, George. Although these feelings are negative, Kate is actually quite a strong woman as the reader will find out. I was drawn to Kate and wished I could have read this in one sitting as I certainly didn't want to put this book down!

The story begins where Kate first discovers that her husband has died. This creates a great sense of loss with Kate, his best friend, Paul, and the reader. It is a very poignant beginning to a thoughtful and meaningful story. As Kate learns of her husband's fate, Paul comforts her as they share their grief. Although extremely tragic, it is a beautiful and intimate scene where these two characters share the same feeling, at the same moment in time.

But, despite being briefly affectionate in this instance, Paul always appears cold and distant towards her. He picks his godson, George, up once a month to spend a day with him and yet every time he arrives at Kate's house he stands on the doorway, never enters, and speaks as little as possible. This doesn't warm Kate to him at all, in fact the opposite. Is he just looking out for George, or is he there for Kate too?

Paul is quite a reserved man. He begins to realise how he must seem to Kate, but how can he express his true feelings. For Paul, it was an instant attraction to Kate when Stuart had introduced them a few years ago. Paul is in a battle with himself it seems as he doesn't quite know how to handle his situation. He, therefore, keeps to his once a month visits to pick George up for a day out. But things are about to change.

Aside from her modelling work, Kate spends most of her time working with a charity, At Home, who offer their help and support to teenage girls who have fallen on hard times. It is something that Kate feels very strongly about as she can empathise with the girls and is now in a position to help them. She realises that Paul's journalism may come in useful in creating an awareness of the charity and its cause.

The teenage girls who are being supported by At Home have many problems collectively, including homelessness – which Kate herself experienced. The reader becomes well acquainted with some of these girls and their situation, and Helena Fairfax has written these scenes with much thought and respect. Although very delicately written, the girls' circumstances are dark. Certainly in Kate's case some people have been judgemental of her history. She was not accepted by Stuart's parents, and the press have also found their way of belittling her. Has Paul ever felt this way about her?

The world of media has a huge impact on Kate's life. When Paul writes about his experiences of At Home and Kate he writes from within, based on what he knows of Kate and how he feels for her. A rival journalist uses her model status and writes a very negative story, allowing her past to creep up on her.

As the story opens up more and more, Kate begins to see a different side of Paul and there are some great scenes between the two of them. Although Kate begins to feel more strongly about her attraction to him, she is not ready to go head on and have a relationship with him. After all, she experienced love with her parents and then lost, and again with Stuart. She fears love and loss again, and she certainly doesn't want to open George up to that possibility.

There are moments when she wishes for Paul to return to his reserved self and become distant again, and other times when she wants his friendship, and sometimes more. Paul accommodates her feelings exceptionally well, although there are times for him when he just longs to be with her.

Helena Fairfax really builds these characters up and fills them out with both positives and flaws, making the characters believable with very real dilemmas. Fans of contemporary romance will love *A Way From Heart to Heart*, especially the 'will-they-won't-they' aspect, as Helena keeps the reader guessing until the very end!

*A Way From Heart to Heart* was provided by the author in return for an honest and fair review.

---

### **Michelle Sibley says**

It took me a few chapters to get into this, at first I found all the characters cold and awkward but as I went on I realised that that was the point, they are cold and awkward and slowly they unravelled. I enjoyed this, a perfect read for a bright day on a sunbed.

---

### **Kenneth Hicks says**

I first became acquainted with Helena Fairfax through her blog, which is one of the most consistently intelligent and interesting sites I have found on the internet. Based on her writing there, I just had to read one of her romance novels, something I rarely do. After all, who can resist Helena's reasons for writing romances, which include her optimistic view of humanity? All that said, I was not disappointed and

thoroughly enjoyed *A Way From Heart to Heart*. Helena's characters are as intelligent as she is, and you soon are rooting for Kate Hemingway, who has lost her photographer husband Stuart to a bomb in Afghanistan. Kate has been left with a young son and memories of the man who pulled her out of a tumultuous existence by recognizing both her outer and inner beauty. The title phrase, "a way from heart to heart" is from an Afghani saying, which recurs throughout the book as an ongoing motif. Stuart's best friend, Paul, has maintained a relationship with Kate's son, but has maintained an aloof reserve that makes Kate believe he does not think highly of her, partly because she has misgivings about herself and the life she had before Stuart discovered her. The novel is the story of the struggle of a man and a woman, linked by the chance circumstance of knowing Stuart, whose death has left a void in both lives. There is no easy answer here. Helena creates real people with real problems and real continuing struggles to do what is right for themselves and those they love. All this is set against the background of London and the Yorkshire moors, which are beautifully described. Even the minor characters will move you. What else could you ask for? Read and enjoy!

---

### **Amanda says**

I have not read or heard of Helena before so i was please to have another new author to read  
WOW what i have i miss out on what a talented author once I started to read i really couldn't put it down i was hooked i was so caught up in the relationship between Kate and paul  
This book so good Helena done a brilliant job at showing us all her character weakness and strengths you really do keep to know them so well She goes so in dept i felt this pulls you into their life's so well my heart when out to them

Kate husband was killed in Afghanistan Kate world was turned up side down how would she cope ? she got to be strong for George her son he was so young he need his mum  
Paul was Stuart best friend they were both were very good journalist and paul was George god parent he was going to see George once a month to take him out but i felt him and Kate did not really like each or did they ? They relationship seem a bit strained Why?  
I found Paul a great character but i felt he was a bit detached at times a bit hard to read or was he trying to hide his feelings for kate ? Both were grieving both cope differently i felt

Kate worked with a great charity she was throwing her self into it she was supporting disadvantage teenagers she wanted some publicity in pops paul he going to help and support them but some other not so nice journalists pick up on Kate being a model and try to run a bad story about her  
I not telling you more i want you to read  
Soon Kate and Paul start to feel more for each other which i was so happy about were you?  
I felt this book was about love , friendship,grief,loss , learning to cope with a loss and trying to rebuild your life and maybe find love again i was so grip by the brilliant storyline

Helena got a great way of bringing her characters to life i felt all their love , pain and loss they become my friends i felt Helena had such a wonderful love and passion for them  
This book so well written it got a very sad under  
Tone but the main plot so warm and uplifting i loved it  
I enjoy the background to the characters i found it so interesting i was glued to this book i read in two nights You will be on the edge of your chair with this book i was guessing what was going to happen i just wanted them to be happy and take the plunge  
I found this so warm to read i really enjoy it a brilliant tale of love

---

## Anne says

This is a contemporary, well written story of friendship, loss and romance that has a depth and meaning that will resonate with many and touch everyone.

Kate Hemingway did not have the easiest start in life. Abandoned by her mother and stepfather, she found herself living in awful conditions. When she was discovered by photographer Stuart, her life changed for the better. She found success as a model, but most importantly, she found happiness as Stuart's wife and as mother to young George.

When Stuart's friend Paul arrives on her doorstep, Kate knows that he is there to deliver devastating news. Helena Fairfax's description of how Paul delivers the news that Stuart has been killed in Afghanistan, and Kate's reaction is absolutely heartbreakingly. This scene sets the pace for what is a warm and emotive story, written with incredible insight and grace.

The relationship that blossoms between Kate and Paul is tenderly portrayed. Kate's emotional insecurities can be frustrating, both for Paul and for the reader, but are perfectly natural - after all, we all know that the path of true love will never run smoothly. Paul's character is more complex; he appears cold and superior, but underneath that hardened shell is a man who is hiding a secret very close to his heart. Paul is troubled by his secret, he yearns to let everyone know, but is grieving for his lost friend, and trying to preserve his memory.

Kate and Paul are both complex characters who the reader comes to care about very much. The cast of supporting characters are excellently portrayed; young George, Kate's friend Orla, Chloe who runs the charity, and all of the young women involved in the At Home project.

Helena Fairfax is a talented author. *A Way From Heart to Heart* is a touching story that deals with some serious issues with care and ease.

---