



Under My Skin

Lisa Unger

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What if the nightmares are actually memories?

It's been a year since Poppy's husband, Jack, was brutally murdered during his morning run through Manhattan's Riverside Park. In the immediate aftermath, Poppy spiraled into an oblivion of grief, disappearing for several days only to turn up ragged and confused wearing a tight red dress she didn't recognize. What happened to Poppy during those lost days? And more importantly, what happened to Jack?

The case was never solved, and Poppy has finally begun to move on. But those lost days have never stopped haunting her. Poppy starts having nightmares and blackouts--there are periods of time she can't remember, and she's unable to tell the difference between what is real and what she's imagining. When she begins to sense that someone is following her, Poppy is plunged into a game of cat and mouse, determined to unravel the mystery around her husband's death. But can she handle the truth about what *really* happened?

Under My Skin Details

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Author : Lisa Unger

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From Reader Review Under My Skin for online ebook

Selena says

I received a free e-copy of Under My Skin by Lisa Unger from Net Galley for my review.

An exciting and twisty psychological thriller that will keep you reading and wanting more.

Pauline says

Under my Skin by Lisa Unger is a psychological thriller about Poppy who's husband Jack is murdered one morning while he is out running.

Poppy is determined to find out who the killer is and why this has happened. Unfortunately she is having nightmares and is taking a lot of pills. She thinks someone is stalking her and she is having blackouts and losing time.

I found this book really confusing and this affected my enjoyment of the book.

I would like to thank NetGalley and HQ for my e-copy in exchange for an honest review.

Selene says

[Yes. (hide spoiler)]

Mackey says

4.5 maze like stars!

Lisa Unger has created a maze that both captivated and surprised me with her latest thriller, **Under My Skin**.

Poppy, a talented and successful media specialist and photographer, is recovering from the murder of her husband in a what appeared to be a "random act of violence." After his murder, which never was solved, she had a breakdown and was hospitalized. All that she remembers of that time is the day of the murder and waking up in the hospital. Her best friend found her in a red party dress, very shaken and disheveled. That was nearly a year ago. Now Poppy is beginning to have disturbing dreams, flashbacks and, perhaps, hallucinations. She is taking sleeping pills, anxiety medication and mixing it with alcohol. Her life is a wreck and who is to say that what she is seeing or experiencing isn't the product of her pills and alcohol? These are the questions that hang over the entire book. To say that Poppy is an unreliable narrator is a complete understatement. As readers, we are left to decide what is real and what might be a figment of Poppy's imagination.

With the help of a detective who barely believes her and Noah, who may or may not be her stalker, Poppy attempts to unravel her past and, hopefully, uncover clues about her husband's murder. What she discovers may not be what she wants to find.

Under My Skin has every element of a true psychological thriller: unreliable narrator, psychological trauma, never-ending mind games and a lot of action. What Unger does well is delving deeper into the personalities of her characters. We know what they are thinking, how they feel, the relationships that they have with the characters in the book and how those relationships make or made them as a person. Poppy's relationships, ultimately, will be the deciding factor in the climactic and surprising ending.

I immensely enjoyed reading **Under My Skin**, finished it in less than a day and loved every minute of it. It is a labyrinth that has you running circles and second guessing what you - and Poppy - thought was real. It also features quite a bit of Carl Jung's dream theories and, for me, that was like icing on the cake. I'm a huge Jung fan! If you like real psychological thrillers, suspense or murder mysteries, then this is a book for you.

Thank you @Edelweiss, @LisaUnger and @ParkRowBooks for my copy of #UnderMySkin, publish date October 2, 2018.

Erin says

Lisa Unger has written sixteen novels and it's a travesty that I have only read three of them. Because OMFG this was really good! It literally competed with waiting for the Quebec election results. Not an easy task since I love my politics. Also, whom ever is responsible for selecting book covers for Unger needs a nice vacation or a raise because suspense books shouldn't be this eye catching gorgeous but these definitely are. No need to rehash the plot as it's quite well explained in the blurb. Poppy, our main protagonist, goes through a whole gambit of emotions over her husband's death while also struggling to fit in missing pieces of her memory. I didn't feel confusion, but I totally questioned how reliable the narrative was going to be. Lisa Unger makes it seem like everyone around Poppy is either lying or she might be. What a maze to work through! I just know that I really enjoyed the journey, but I still have a few things I would like to say to Poppy.

Thanks to Netgalley for an e-ARC in exchange for an honest review

Lisa Gardner says

Lisa Unger is one of my favorite suspense novelists. I love this very Hitchcockian tale of a recently widowed woman, still searching for the truth behind her husband's recent murder.

Amanda says

Poppy's husband Jack was killed whilst out jogging in Manhattan's Riverside Park. Poppy is not coping with her loss and is dependent on sleeping pills, unsure whether her dreams are dreams or reality that she has forgotten about.

It was a real life sliding doors moment, if she had of gone for a jog with Matt would he still be alive?

This story was like peeling an onion, every layer revealed another layer as memories were retrieved. I wasn't sure who was more confused with what was going on me or Poppy!!

Although I did get confused, I loved this book, I couldn't put it down. The link between Poppy's memories and Jack's murder was written in a way that grips you and keeps you engrossed till the final page.

Thank you to Netgalley for my copy in exchange for a review.

Holly B says

I have enjoyed a few of Lisa Unger's novels and I was really looking forward to this one. This one is about Poppy, who is searching for her husband's killer.

It has been a year since her husband was murdered while on his morning jog, and Poppy is struggling to make sense of it. She is determined to get answers. As she dreams/has nightmares she can't seem to reconcile if they are actually "memories" of events that could be helpful in solving his murder. She is also downing sleeping pills that blur her sense of what is real.

I thought Poppy was quite an unreliable narrator and her life was a jigsaw puzzle that she couldn't seem to put together. There is some suspense and a few mysterious characters that kept me guessing and wondering what was real. I enjoyed the writing, but the story line became a bit tiresome for me.

This was a quick read for me with enough suspense to keep me turning pages to find out what exactly was "real".

Thanks to Harlequin and NG for the Arc. Publishes Oct. 2, 2018

Jenny says

It has been explained thoroughly. All options have been explored and dismissed. The outcome is inevitable. Yet when this anticipated death arrives, we are stunned and shaken.

If prior warning of deaths arrival stuns us, imagine the effect of a sudden violent murder can be to the loving wife of the victim.

Poppy Lang, the heroine of Under My Skin, waved goodby to her husband, Jack, as he sets off on an early morning jog through Riverside Park. Hours later Detective Grayson is asking her questions but all Poppy can do is try to understand: Jack is dead. Jack was savagely beaten to death on his run. Her Mother is there. Her friend Layla provides support. There is a funeral. It is all too much and not enough. Poppy disappears. Four days later she wakes up in a hospital with no memory of these days.

Now a year later, Poppy is struggling with her life. Dr. Nash, her psychiatrist, listens, asks pointed questions,

and provides prescription meds. Layla is warm and loving. Her home is always open to Poppy as is her supply of pills. But Polly is sinking. Her dreams are violent and disturbing. Someone is following her or is it her delusions?

A break! As Poppy struggles her dreams become more vivid as some images appear and reappear. What does this mean? Are they real or is Poppy unstable?

Slowly pieces begin to come together. Fleeting images become grounded, clues are uncovered and secrets come to life. Finding Jacks killer and restoring Poppy's mental stability is a painful and dangerous journey. Lisa Unger, the author of this engrossing read, skillfully weaves twists that range from subtle to gut wrenching into a story of love, friendship, death and healing

I received an advance copy of this book from Netgalley. #Netgalley #UnderMySkin

Debra says

"I wonder if anyone notices that I am a ghost in my life."

Poppy's husband, Jack, was murdered one year ago during his morning run in the park. After his funeral, Poppy disappeared. Her best friend and Mother were concerned and even more worried when Poppy showed up wearing a red dress, confused and with no memory as to where she was during those missing three days. Hospitalized with a "nervous breakdown", Poppy recovers but still does not have any memory of those lost days.

"What is real and what isn't real?"

This book was all over the place. It has a dizzying effect. When I first began reading, I was confused and had a hard time keeping track of what was happening. I scratched my head, wondering how this book got positive reviews. Initially this book is a mess. Timelines jumped around, things I thought happened, didn't happen....and then I got it. Poppy is having a hard time with her reality. She doesn't know what is real, what as a dream, a past memory. She is confused and having trouble making sense of what is happening in her life. How many of us know what it feels like to question your reality? Is what just happed real? Was it a hallucination? A False memory, a dream? Did I have that conversation last night, or six months ago? Did I have that conversation at all? Lisa Unger did an amazingly brilliant job of having the reader feel what the female protagonist is feeling - confusion.

Wow! Is all I can say! What I initially thought was a mess turned into something brilliant. AS Poppy searches for the truth, Unger will have the reader (and Poppy) questioning what is real and what isn't. This isn't a straight murder mystery/thriller but a wild ride in search of the truth through one woman's reality.

Very well done and thought out. Unger pulled this one off so smoothly. I was just as lost and confused as Poppy. I wasn't clear as to what was happening and questioned my theories the entire book. Very well played, Unger! Although I wasn't quite sure what was real and what wasn't, I could not put this book down. I was eager to learn the truth about Jack's murder and Poppy's missing days.

Thank you to Harlequin -Hanover Square Press and NetGalley who provided me with a copy of this book in exchange for an honest review. The thoughts and opinions expressed in this review are my own.

Read more of my reviews at www.openbookpost.com

Kaceey - Traveling Sister says

Hypnagogia - the state between sleep and consciousness. Twilight. When you're dreaming...yet somewhat awake.

Poppy is a recent widow. Last year she lost her husband to a violent death. Her life since has been a series of breakdowns and desperate attempts at crawling back to a life she no longer recognizes.

The police have no clues why her husband Jack was targeted and killed. To make matters worse, she now has the feeling there's a hooded figure following her. Is she also in danger? Or was Jack's death simply nothing more than a random mugging gone wrong?

Poppy's reality is mixed with her chemically induced dreams. Is she sleeping or awake? What's real and what's not? And of course...who can she trust?

Lisa Unger has been one of my go-to authors for years. She never disappoints! And wow did she just deliver another little gem! I was as caught up in the dreams vs reality as much as Poppy was! Questioning everything and of course, everyone! It's fast and furious! Word of advice: you'll need to stay focused and pay attention or you'll be left behind in one of the dream states!

The ending was perfect! I had certain parts figured out, while others came as a complete surprise! Nothing suddenly out of left field!

Already looking forward to the next Lisa Unger release!

A buddy read with Susanne!

Thank you to NetGalley, Harlequin- Hanover Square Press and Lisa Unger for an ARC to read in exchange for an honest review.

Monica says

Really fantastic!! I've read Lisa Unger before and she never disappoints!! The characters in this book feel so real and believable. I felt their struggles and frustrations. The ending was a complete surprise, as all good mysteries should be.

I highly recommend this book for all psychological thriller book lovers!

Special thanks to NetGalley for the advanced reader's copy in exchange for my honest review.

Chelsea Humphrey says

I'm a huge Lisa Unger fan, but this one just wasn't my favorite of her novels to date. I found myself a little confused in the first half; I had to go back to sections and double check what I had read which became

tedious. It's quite possible I'm over the psychological thrillers that have a dream sequence plot, and that's on me. Not a bad read, but left me feeling underwhelmed in comparison to all the other novels by Unger that I've read. Full review to come closer to pub date.

**I received a review copy via the publisher.*

Brenda says

3.5★s

In the time since her husband, Jack's brutal murder, almost a year prior, Poppy had spiraled into depression; lost days that she had no memory of; moved out of their comfortable and well-loved home to a stark and sterile apartment; and tried to keep the business that she and Jack owned, running. Poppy's visits to her psychologist were regular and calming but once she was back into her life, her uncertainties and grief continued. Poppy's best friends, Layla and Mac, tried to care for her, but she felt a great need to be independent – to move forward.

But was it paranoia that had her seeing a tall, hooded man who watched her and followed her almost everywhere she went? Or was it the microsleeps that Dr Nash said could happen – even in daylight when she was working? Poppy's sleep was interrupted by vivid dreams; nightmares – what was real? What were dreams? And were there memories mixed up in the chaos that was Poppy's life – memories that she had no idea about? Detective Grayson was concerned, especially knowing the case was unsolved; Poppy's friends were also worried. What would happen to Poppy as she desperately searched for answers?

Under My Skin by Lisa Unger is an in-depth psychological thriller with plenty of twists, back and forth memories which tend to confuse (both the reader and Poppy!), intense heartbreak mixed with hope, terror and grief. Poppy was a character who made plenty of mistakes – popping pills to help her sleep, washed down with plenty of alcohol – but the emotions she was going through made it understandable in a way. I've read several of Unger's thrillers, and this one isn't her best in my opinion. But I'll definitely read more! Recommended.

With thanks to NetGalley and the publisher for my digital ARC in exchange for my honest review.

Susanne Strong says

4 Stars.

A Crazy Compelling Psychological Thriller!

Poppy lost her husband Jack a year ago now - when he was murdered in what the police say was a random event, though they don't have any answers as to what happened to him. Poppy, can't let go of what she lost that fateful night and unfortunately she can't remember a thing about what happened immediately thereafter, as she disappeared for a few days and everything is still a blur.

Now her dreams consume her, she sees images and doesn't know if they are real or imagined. Of course, it could be all of the pills she's popping and the alcohol she's consuming. Then there's the fact that she's being followed by a hooded man, and then there's Jack, who she starts seeing everywhere.

Poppy is terrified, yet determined to figure out what happened to her husband before something bad ends up happening to her too. Can Poppy take control and tame the demons around her? Time will tell, as it always does.

“Under My Skin” by Lisa Unger is one heck of a page turner. Twisty, turny and all around crazy, it was unputdownable!

This was a buddy read with Kaceey. We sure had a wild time trying to figure this one out!

Thank you to NetGalley, Harlequin - Hanover Square Press - Park Row and Lisa Unger for a complimentary copy of this novel in exchange for an honest review.

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