



Sunshine & Secrets

Daisy James

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When newly heartbroken, michelin-starred chef **Millie Harper** is offered a job overseeing the setup of The Paradise Cookery School she jumps at the opportunity. Leaving London and her memories of heartbreak behind she hops on a plane to the hilltop cocoa plantation in St Lucia.

But this beautiful island break might be more work than she'd expected.... With only two weeks to have the kitchen installed, cocoa pods going missing from the plantation and the notoriously relaxed island workmen to contend with, she's going to need some help. Gruff but charming estate manager **Zach Baxter**, is only too happy to offer his opinions. As the two clash heads can they remain focussed on the job in hand and get the cookery school finished in time?

Pack your bags and jump right into the sun and secrets of The Paradise Cookery School. Perfect for fans of Sarah Morgan, Jenny Oliver and Kat French.

Sunshine & Secrets Details

Date : Published March 19th 2018 by Canelo

ISBN :

Author : Daisy James

Format : Kindle Edition 165 pages

Genre : Romance, Womens Fiction, Chick Lit

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From Reader Review Sunshine & Secrets for online ebook

Stacey Woods says

It seems an odd time of year to be reading a book set in the Caribbean, but I guess with the snow outside a burst of sunshine is most welcome! Sunshine and Secrets begins as Millie Harper has fled a failed romance and her dream job to live quietly as a pastry chef. Her sister is having none of this and manages to get her a job testing recipes for a new celebrity cookery school on a cocoa plantation in St Lucia – despite many reservations, Millie agrees.

From then on, this book is a whirlwind of exotic locations and descriptions of spices that you can almost taste, and a lovable cast of characters who both inspire and infuriate Millie in equal measure. From beach bums to love-sick gap year students, there is definitely a character that everyone will love, in addition to a sneakily included mystery plot that will keep you guessing.

Alongside the romantic storyline, I loved the foodie aspects of this book. There are lots of descriptions of the recipes Millie is testing, and traditional St Lucian food, plus in the scenes where Millie is cooking or baking, and when she explores the market, you can almost see and smell the spices and cocoa – definitely mouth-watering!

Ultimately, this book is just good fun and it would be a great addition to your summer reading pile – but whatever the weather, it's guaranteed to bring a bit of sunshine into your day.

Isabella May says

A dazzling foodie escape in St. Lucia!

Another 5 star novel from Daisy James. Packed full of flavours, scenery and scents to tantalise every one of the senses, Sunshine & Secrets is also a page-turner of a romance. Add to that a pinch of grit and drama and you have a story that's as sumptuous as a Purple Parrot Mojito. To find out what one of those is, you'll just have to read the book!

Whispering Stories says

Book Reviewed by Stacey on www.whisperingstories.com

Millie Harper is at the airport waiting to check in for her flight to Nice in France, when she receives a phone call from her sister Jen. An opportunity has arisen to oversee the renovations of 'The Paradise Cookery School' in St. Lucia, as the owner, TV Chef Claudia, has broken her leg and Jen has put Millie forward for the job.

Unsure at first, Millie agrees to go. All she has to do is go to the Caribbean and make sure the workmen get the kitchen ready on time for the guests, as well as taste testing the new recipes. Unfortunately nothing is ever that simple, starting with a delayed flight and arriving to a downpour, in which she has to walk to the

villa as the taxi driver refuses to take her all the way.

This is just the start of what turns out to be an eventful time for Millie!

‘Sunshine and Secrets’ is a fun, energetic novel that whisks you away to a gorgeous sunshine filled island and has you engaged in one of the most interesting characters lives I’ve had the pleasure of reading this year.

This is a book for the senses. Not only are you dazzled by the St. Lucian scenery, you are also treated to some of the most delicious food I’ve read about. There was definitely plenty of mouth-watering moments.

It was a pure joy to read, and is as good on the inside as the outside looks.

Sherri Thacker says

Sunshine and Secrets was a great story and it made want to hop on a plane and go to St Lucia. She told us a heartwarming story and I felt like I was there in that beautiful country. Who wouldn’t want to have the chance to fly over there and help with a cooking job?? Me me me! (That is, if I could cook more than the basic stuff i can cook now. Lol) Thank you for this complimentary copy of this book from the publisher through NetGalley. Opinions expressed in this review are completely my own.

Deanne Patterson says

The Paradise Cookery School is a fun Summer holiday type book to read. Perfectly fun beach type read. A fun pup turning adorable feed me eyes on you,a yummy scrummy bakery and a buff handsome guy with a little bit of mystery thrown in . This is a great vividly colorful book that makes you want to hop a plane to St Lucia and soak in the atmosphere while partaking of delectable baked goods and chocolates.

Pub Date 19 Mar 2018

I received a complimentary copy of this book from Canelo through NetGalley. All opinions expressed are my own.

Suze Lavender says

Millie lost her dream job after her boyfriend broke her heart. She worked as a chef at a Michelin-starred restaurant and he was her colleague. Food is her biggest passion, but she couldn't stay at the restaurant. Because she needed friends more than anything she now works in a small patisserie in London instead. Her sister thinks Millie deserves a break and arranges a two week job on the stunning St. Lucia. Millie has to direct the kitchen installment and recipe testing for the new business of a famous chef who's temporarily incapacitated. She's starting a cookery school at her villa, but can't be there to oversee the work that has to be done. It's the ideal job for Millie and she gets to spend time checking out a beautiful Caribbean location.

The villa is at a cocoa plantation and chocolate is an important element of the menu. Millie has help from a local chef, so she can learn more about the cuisine of the island. The estate also comes with a manger, Zach. His welcome isn't kind, but when Millie gets to know him she finds he's actually more helpful and friendly

than she thought. Cocoa pods are disappearing. Who's taking them and why? While Millie is trying to solve this mystery, she's desperately encouraging the staff to finish the kitchen on time. Will she pull it off or will she fail at her job, so everything is in chaos when it's time for the first guests to arrive?

Sunshine & Secrets is a wonderful delicious story. Millie is a talented chef and I absolutely loved her passion for food. It was incredibly fun to read about her creations, the way she tastes things and her interest in recipes and ingredients. She's a true chef, which is something that completely endeared me when I read her story. She has a broken heart, but sunshine, making new friends, delectable food, lots of Caribbean cocktails and gorgeous men are helping her heal really well. I loved the sunny atmosphere of the story, while the mystery of the disappearing pods, political issues and finding love is giving it a nice amount of depth as well. Millie has a fabulous adventure and I enjoyed every single page of her marvellous journey.

Daisy James has a great heartwarming writing style. It's clear she knows what she's writing about and that makes her story very fascinating. I was entertained, charmed and captivated. Sunshine & Secrets made me smile and I was curious, so couldn't stop reading, which is an ideal combination. Daisy James combines this with a magnificent setting that she describes in a fantastic vivid way. I love it when a story brings so much joy and can't praise Daisy James's feelgood factor enough. She's found the exact right balance between cheerful and serious and the result is a terrific story I highly recommend.

Michelle Ryles says

At long last, I've read my first (but definitely not last) Daisy James book. If ever a book should be read on holiday, it is Sunshine and Secrets but for those of us who don't have sun-friendly skin it's a perfect getaway to distant lands we can only dream of from the comfort of our favourite armchair.

Amelia (known as Millie) Harper has just the right thing to take her mind off her broken heart: an opportunity to set up The Paradise Cookery School on the Caribbean island of St Lucia. As if Millie's wet welcome to St Lucia wasn't funny enough, her drenching leaves her with big hair akin to Monica Geller when the Friends go to Barbados. Picturing Millie like that was enough to get me sniggering like a schoolgirl.

As well as trying out gorgeous recipes, Millie has to try to get the local laid-back workmen to stick to their schedule, which is easier said than done with the sun blazing down and the ripples of the swimming pool causing a temptation that's impossible to resist. Local cook, Ella, and Estate Manager, Zach, are on hand to help Millie and, after a stand-offish start with Zach, Millie finds her pulse racing - Zach could be the perfect cure for her broken heart.

What really surprised me about Sunshine and Secrets was the added mystery of the disappearing cocoa pods. Rather than succumb to the easy-going pace of the Caribbean vibe, it made me look at the characters a little more closely as I tried to gather clues.

Sunshine and Secrets is so full of sunshine that I needed my Factor 50 on just to read it. I felt as if I was on St Lucia with Millie, sitting drinking an Andy's Blast cocktail in the beachside Purple Parrot cocktail bar. Naturally, I didn't want to leave, although in real life I would have been burnt to a crisp!

I chose to read an ARC and this is my honest and unbiased opinion.

Elaine says

This is a heartwarming, tasty treat from Daisy James. There's beautiful imagery painting pictures of the location, characters and events, bringing the story vividly to life in the reader's imagination. One of my favourite examples is:

"Here in St Lucia, the Pitons wore nature's cloak of dappled sunlight, their lush flanks shimmering in the breeze like an emerald waterfall."

WOW - hope that helps you see what I mean!

Millie Harper has had a dramatic break up and is still suffering from the fallout when she's off to holiday with her Mum. Whilst waiting at the airport she is contacted by her sister and asked to travel to St Lucia instead to oversee the setting up of 'The Paradise Cookery School'. This is a chance in a lifetime and she jumps at the opportunity. However, being dropped off by taxi at the bottom of a hill to climb to the School in the 'liquid sunshine' makes this a somewhat soaking wet introduction to the locale! Then get ready for the local workmen to have a somewhat relaxed idea about actually working and you're in for some hilarious, heartwarming events in a superb setting and with many fantastic characters. Add in the mystery of appearing and disappearing crates of cocoa pods and the drama filled encounters with the estate manager and she's in for an interesting stay! Can she get the school ready on time? What is happening to the cocoa pods? Is she ready for a new romance?

I thoroughly enjoyed escaping into this luscious story. The descriptions of food had my mouth watering, the beautiful landscape had me dreaming of warmer climes (it is snowing here at the moment!) and the mystery was perplexing! There are also elements of suspense, just to add to this delectable recipe for a fun read set in paradise. I thoroughly enjoyed it and can't wait to read more in this series and by this author!

I requested and received a copy of this novel via NetGalley. This is my honest review after choosing to read it.

Katherine Hayward says

Sunshine and Secrets by Daisy James is a wonderful, feel-good read. I couldn't resist it. Being auto approved by Canelo, I downloaded it immediately and was taken in by the excitement of starting somewhere new and the travel bug. It is a read/listen you will not want to finish!.

Sunshine and Secrets captures the beauty of the Caribbean. Despite never having been to St Lucia, I could practically taste the food and rum, the descriptions were so vivid. I did not like Zach at first, but warmed to him as the story progressed. I liked Ella a lot, and also Millie.

In Sunshine and Secrets, Daisy James creates a wonderful portrait of what life can be like if you take risks, and shows that there is often more than one route to happiness.

Despite the small cast of characters, they are extremely well fleshed-out and realistic, and I felt like I knew them well by the end of the book. In fact, everyone in the book helped to represent the reality of life on a small paradise island.

The book sparked welcome memories of a holiday I had to Barbados, and I was pleased to be able to draw on my own experiences of the Caribbean climate, customs food and people.

I did feel that some of the secrets and scandals could have been explored more, and that the book's ending was quite abrupt. That said, I can see scope for another book on St Lucia with the same characters, and hope there will be one! The book has such an undeniably wonderful, feel-good, "holiday" feel that you will want to read it all year round. I wanted to listen to it again as soon as I'd finished! Sunshine and Secrets deserves 5 sparkling stars!

The cover is beautiful, too!

Thanks to Daisy James and Canelo for my ARC in exchange for an honest and voluntary review.

Karen Mace says

This has been a treat of a read! Full of fun, romance and those feel good vibes that make the world a happier place!

Millie isn't in a happy place as she's recovering from a broken heart. But she has her love of cookery to help distract her. Her sister Jen is also on hand to try and help her move on and what better way than springing a surprise on her at the airport! She thought she was going to spend time with her mother, but Jen has recommended her for some work in St Lucia to help out the celebrity cookbook writer Claudia Croft who is setting up a Paradise Cookery School over there and needs some help. How could she say no?!

When she arrives over there she's quite low on confidence and is a little daunted by what she faces but with stunning views and friendly locals, she soon settles and finds herself enjoying life once more! Even the daily downpours don't seem to dampen her spirit.

The estate manager, Zach Barker, is there to watch over here and their first few meetings don't go well but it's nice to see how their friendship develops despite their clashes.

Even with some mysterious goings on happening that seem set to test her, she finds the challenge she faces with the school is just what she needed and her love of cookery is easy for all to see and a helpful way into the hearts of the local community!

This was so much fun to read with a lovely cast of characters in a paradise setting!

Dash fan says

5? A Scrumptious Feel good read

Sunshine and Secrets is the Perfect feel good read that will leave you feeling very hungry and wanting to run off to St Lucia and join the Paradise Cookery School.

I adore Daisy James books and when I see Sunshine and Secrets I couldn't wait to get my hands on a copy. It has 3 of my favourite things, A gorgeous cheeky Pup, Scrumptious mouthwatering food and Chocolate. What more could a girl want!

When Celebrity Cookery book writer Claudia Croft needs help overseeing her brand new project the Paradise Cookery School.

There was only one person ideal for the job Millie - a Cordon Bleu trained Chef. Set up by her Sister Jen.

So off Millie goes to mend her broken heart and set off on an adventure.

But things don't quiet go according to plan with plenty of mishaps and mayhem.

Arriving in a liquid weather rain storm as the locals call it things don't get off to a great start.

I adored all of the characters I loved Millie and Ella's relationship. Ella has been sent by Claudia to help Millie with the recipes and the locals. Ella is a force to be reckoned with. But has a heart of gold.

Sunshine and Secrets has plenty of fun, Frolics and Mayhem. A sprinkling of romance, lasting friendships, Scrumptious mouthwatering food, memorable Characters, Mystery, a cheeky loveable pup.

It really is the Perfect feel good read.

So snuggle up and be prepared to be whisked away to the breathtaking St Lucia and to be part of the Paradise Cookery School.

But be warned... DO NOT READ ON AN EMPTY TUMMY!! You will get the rumbles!

Thank you to Canelo for this copy which I reviewed honestly and voluntarily.

My Review is also on my blog website:

<https://dashfan81.blogspot.com/2018/0...>

Thebooktrail says

Well this was a sunny delightful read! Food and sunshine what more could you want?

You always know what you're getting from Daisy James and her delightful books but there's always a few surprises as well and this book set in St Lucia was a lovely surprise!

link: Visit the locations in the novel

I was salivating throughout much of the book – well that name – the Paradise Cookery School sounds delicious in itself. I've never been to the island of St Lucia but with the descriptions in the book I did feel I was there . The heat, the food...oh my the food, and the sun and promise of romance was just delightful!

Daisy James always delivers on a great story and sumptuous locations and this is no exception. Characters were funny and well developed with some funny quirks I smiled at. I particularly enjoyed getting to meet Binks the dog.

Yes – this little jaunt to St Lucia really made me want to start speaking in nothing but French, wearing flip flops and eating cake. Warmly recommended!

Julie says

This is the first book by Daisy James that I've read but it certainly has a winning combination; what could be better than combining food and the Caribbean? The setting is exquisite and even though I've never visited Saint Lucia, this book transported me there and to be honest I was sorry to leave. The descriptions of the food are just as delicious and gave me cravings for the rest of the day. Of course, there is romance too as well as drama in the form of a last- minute rush to complete the renovation of the kitchens before the guests arrive. A lovely escapist read!

Chantelle Hazelden says

I was kindly provided an ARC of this book via Netgalley>

This is what I'd describe as good old fashioned light-hearted simple reading.

What Daisy James has created is a story that is heart warming and entertaining. An easy read that is filled with humour, romance and good vibes.

This is one of those novels that you want to take on holiday with you and read whilst relaxing by the pool. There is a cast of quirky characters with a believable dialogue that will have you chuckling away.

I dare you to read this book without a smile on your face!

Kim says

I loved every page of this book.

Millie takes a last minute job to oversee the finishing touches to a new venture. The Paradise Cookery school in St Lucia. The owner has had an accident and is unable to get the school up and running before the first guests are due to have an out of this world culinary experience.

She is in charge of a group of builders who don't have the 'urgency' gene in their repertoire. She also has to test the new recipes with a wonderful sounding character Ella. I wished I could have sat in on their practice sessions, enjoying the delicious sounding food and enjoying a lovely new friendship. There is also the hint of romance in the air and the setting just makes you lose yourself totally in a wonderful new world of the Caribbean whilst suffering the frosty weather we've been experiencing here. I was sad to leave them!

