

The Taste of Blue Light by Lydia Ruffles

4 stars

“Thinking about all that colour and sound now makes my skull tighten and my brain shriek, but at the time it just made me certain of who I was and who I was going to be”

The brain is one of the most complex organs evolution has ever created. It converts signals from our senses into a virtual reality world where we exist whilst having a fantastic ability to protect itself from trauma. However, trauma takes many forms. What if something happened so terrible that your reality broke down? How would you know what was real or even who you were?

This is the very real situation Lux finds herself in, with her world broken into a whole series of meaningless events punctuated by endless migraines and panic attacks. Join her on her quest to navigate this alien world where sounds have colour, nothing is as it seems and as she tries to rediscover what's lost and hopefully find herself and stop her world falling to pieces.

This wonderfully inventive book written by Lydia contains enough of the real world. It's easy to forget it's a piece of fiction, at the same time providing such a novel experience to the reader that one can't help but want to explore forever through the eyes of someone with psychological problems. that reveals itself as the book progresses in the style the journey she must go on to find herself. The main protagonist, Lux, is given a wonderfully deep and complex character, whose background, which is initially hidden from her, reveals itself as the book progresses. The other characters all play vital roles but their personalities are confined to a two-dimensional level of complexity as Lux associates with them only so far as they help her on her journey, but are also developed to highly complex characters as Lux progresses on her journey and gets better.

The world that is built is beautifully described in all its strangeness, although sometimes the descriptive power (while always a delight to read) does begin to become a bit taxing, but this is a balancing act all authors must master in time.

This book is truly the first book in a long time that I find hard to describe or to adequately do justice. What Lydia has done is a masterpiece of fictional writing that so expertly immerses the reader. It's hard to put down from start to finish.

Alex

Breakaway Reviewers received a copy of the book to review