



All proceeds from the sale of Poppy Day go directly to The Royal British Legion to help fund the charity's Battle Back Centre for injured Service personnel.

'Poppy Day' a novel by Amanda Prowse

How far would you go to bring home the one you love?

This is the question posed in this contemporary love story that spans half the globe from East London to Afghanistan.

Poppy Day is a twenty one year old hairdresser, devoted to her husband Martin and blessed with a sunny disposition. Martin is the one constant in her life, her protector and best friend since they were six, but when Martin joins the army, in search of fulfillment and a better life for them, things take a dramatic turn.

Martin and Poppy are an 'ordinary' couple who find themselves in an extraordinary situation, when Martin is taken hostage while on tour in Afghanistan. Battling against army culture and procedure, Poppy decides to try and bring her 'Mart' home herself and enlists the help of Miles, a journalist in favour with various Middle Eastern terrorist organisations. Frustrated by a bungled rescue mission, Poppy uses deception to jump on a plane to try and find her husband. Fuelled by naivety, she feels that nothing is impossible when doing it for the man she loves. Her journey forces her to pay a very high price and incurs some heartbreaking consequences...

'Poppy Day' gives an insight into life beneath the uniform, a peek at what it's like to be the one left at home, ticking off the days until your loved one returns and what happens when there is the knock on the door that every forces wife, husband, mother, father or lover dreads...

'Poppy Day' is available from www.Amazon.co.uk in paperback, audio book and Kindle download Sainsbury's, WHSmith and other retail outlets at end of October.

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ABOUT THE AUTHOR

www.poppyday.co.uk

An army wife writing about an army wife Amanda lives in Bristol with her husband Simeon and two boys Josh and Ben. She started writing in earnest four years ago, having always obsessively crafted short stories and scribbled notes for potential books. Amanda's novels follow the theme of ordinary women in extraordinary situations and explore how human nature reacts when individuals are tested to the very edge of their limits.

Amanda is married to Major Simeon Prowse MBE, who has served for 26 years and is currently training soldiers to deploy on Operation Herrick with the land warfare centre in Warminster. Simeon has been deployed on operational tours including Northern Ireland, The Balkans and Middle East; he has been honoured with 9 medals.



"I love this book, Poppy Day had me crying one minute and laughing the next; I couldn't put it down" - Carol Vorderman