



Calm, Cool & Adjusted

Kristin Billerbeck

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Silicon Valley chiropractor Poppy Clayton is as calm, cool, and adjusted as they come . . . or is she?

Known for her bad fashion sense, a love for all things natural, and the inability to get a second date, Poppy is beginning to wonder if she might be misaligned herself.

Poppy's route to self discovery will be an unnatural one involving a plastic surgeon (of all people!), a condemned house in Santa Cruz, and a wedding date from the dark side. It's enough to send a girl and her gal pals running for their favorite spa!

Calm, Cool & Adjusted Details

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Author : Kristin Billerbeck

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Cherie Galyon says

I had to reread parts of this book because I found Poppy more entertaining the second time around. After reading about her in books 1 and 2, you wouldn't guess she would be so enjoyable. I love her next door doctor friend and the fights that ensue. The renovation on her childhood home sounded too amazing to believe. What guy would really do that out of the goodness of his heart without permission? To end in Hawaii--really???? Bit sensational but endearing. Poppy, you are a free spirit indeed.

Michele Minor says

Poppy is a chiropractor with an unusual sense of fashion. Her best friend, Megan is getting married and she needs to find a date for her wedding without having to resort to her friends finding her one. She shares an office in an office park with a handsome plastic surgeon and she also has a patient that likes her. Poppy is the last one of her friends who isn't married and you do see some of her viewpoint of being the last single girl though she isn't willing to settle for just any guy in order to get a ring on her finger. It's interesting to see who she winds up with at the end since she gets to know the plastic surgeon more and her patient tells her about his feelings for her.

Robin says

Ms. Billerbeck went backwards again with this book. As with the first book in the Spa Girls series, this book focuses too much on the main character's obsessions, & not enough on plot or proper storyline building. The focus of the book even contradicts itself in several areas & again feels like a novel written, then some Christian elements added for good measure. All-in-all, I will not be recommending this series. "Christian fluff" is my final word on these books. Disappointing.

Paulin says

Finished Calm, Cool&Adjusted by K Billerbeck,my 5th book installment 4May.An Integrity Publishing Certified Good?read.Indeed it was light&fun! Almost burst out laughing while in the throngs of pips.I realized that sometimes people is more than what u see on the surface.When they seem shallow,they might still manage 2teach u a lesson or 2,when they have depth, u'll drown in their endless pool of wisdom if u care to.

Kristin says

This book was difficult for me to trudge through. I did not like the character development at all. I realize that this is chick-lit, but normally Kristin Billerbeck is a fun easy read. I just didn't enjoy this book.

The main character, Poppy, really annoyed me. She couldn't get her life in order and didn't understand why. There were lots of times of disconnect in the story that just didn't make sense.

I will say that between the two guys I didn't have a clue who she would choose. I was surprised at the ending and her choice.

This book is more of a day on the beach book.

Karen Baney says

While the book was good and entertaining overall, I was very disappointed with the guy she ended up with. Don't want to spoil it for those of you that haven't read it. But, I was happy that I didn't see it coming. Overall, I think Poppy is a tough character to write for romance, since she comes across as very know-it-all.

Whitney Hopperton says

A great way to end the series. Im not a huge fan of Poppy, the main character, but the story and plot did leave you with a great feeling, and sad the series had ended.

Erin says

This was a really cute book. I had no idea there was an entire series with all of these charracters, but I plan to try to read some of those others too.

The writer writes in such a way that you beleive these things that are happening because she speaks like you would speak if you were frustrated or even excited!

Beth says

More commentary from me on what a Christian novel SHOULD be like... In real life, Christians have daily struggles in living out their faith. This book completely failed to address any of those struggles, even when they would have entered the plot very easily. Here's a conflict that Billerbeck set up: Natural health nut Christian girl meets hot Christian plastic surgeon. There's definitely chemistry, but girl hesitates because his unnatural concepts of health and beauty clash with her own. She doesn't seem to notice the fact (which is glaringly evident to the reader) that he doesn't act at all Christ-like. Then she falls in love with some other guy who isn't at all into her health thing either, whose faith goes completely unmentioned, and who buys her a diamond ring "the size of a golf ball." She goes for the latter. Really obvious Christian novel conflicts present themselves: Girl meets boy, there's chemistry, but he doesn't live out his faith, so she has to decide if he's really a good guy for her. Or, girl falls for both a wealthy, worldly guy and a poorer, Christ-like guy-- both of whom are quite dashing--and has to do some serious thinking about what she's looking for in a man. Anyway, all that being said, I'll probably go back to the library and look for the other book in the set. Sigh. I'm like that.

Gina Martinez says

I think this book was my least favorite of the three books. I felt that the ending was rushed. It was as if the author wanted it to be over with or was tired of trying to play Poppy's character out. I feel like this was a regular fiction book with a little bit Christianity thrown into it. I did find the series entertaining for the most part.

Ashley says

This was my favorite of the three. With that said, I felt like the "drama" was just a bunch of fluff that turned out to be nothing. These women live nearly perfect lives and anything that goes slightly off-track is grounds for mass chaos for about two minutes. Morgan probably had the roughest go all-in-all, but this is isn't a contest on "who had it harder?" I would recommend reading this trilogy if you're not looking for something too intense and something Christ-based.

Libby says

Oh, so sad that I just finished this last book in the series. I love Kristin Billerbeck and she needs to write more books. This is a great series, clean, fun, and tear filled (happy tears).

Lynn says

I enjoyed this last installment of the Spa Girls series. I made the mistake of reading the last chapter first, so I knew what was coming as I read the book, and that made it a bit predictable and formulaic, but it was a good enjoyable beach-y read.

This was the least enjoyable of the series for me, but still a worthwhile final. I would like an update after some time has past, just to see what happened to the Girls as they grew up. Despite having jobs and families, they were still very immature. I'd like to revisit them after they have grown and settled a bit more. Perhaps the author could do a follow-up book.

It's definitely worth reading, but the kind of book you take on vacation or read when you need something light and fluffy.

Jessie Jones says

Loved, loved, loved. Kristin Billerbeck is quickly becoming one of my all-time favorite authors. Can't wait to read the rest of the Spa Girls books!

Danielle says

Poppy was easily likable and relatable. You never know who she ends up with until the end. I love the breezy nature of this series. Definitely a good series for that no brain type of read. Also, loved the fact there was no swearing or inappropriate parts without lacking the integrity of a true chick-lit novel.
