Are books better than the movies? If you happen to read Doctor Sleep by Stephen King, then yes! Stephen King, unofficially known as the king of horror, was an author already on my reading list and following a horror book phase I had this term - I knew I had to finally give this thick book a chance.

Doctor Sleep is a dark fantasy, gripping and intense story that makes every flick of the page feel like a ticking time bomb. It follows the story of the 41-year-old protagonist, Dan Torrance, who struggles with a special burden of psychic abilities and heavy psychological trauma from the ghosts of the Overlook Hotel. When settling into a new town and believing that his dark times are over, he telepathically connects with a girl called Abra Stone. Abra stone possesses the same powerful abilities as Dan which she uses to warn him about an immortal cult (The True Knot), who secretly are feeding off of children who possess psychic powers.

The book delves into themes of good vs evil, as both of them engage in high-stakes battles with supernatural predators, unlock deep philosophical questions and confront the essence of the past. This book keeps you on the edge of your seat with its dark imagery, poetic dialogue and suspenseful plot. What intrigued me most was the setting of the book. Unlike normal horror settings, the book took place in the quiet small town of New Hampshire that reflected a modern and positive environment. I never expected I would get this intrigued into a book, where the main character wasn't a teenager- but I was wrong! Dan Torrance was an immensely interesting character with flaws, trauma and thoughts that were so different/unique to a 16-year-old student. My Favourite quote - "Life was a wheel, its only job was to turn, and it always came back to where it had started."

The book is a sequel to The Shining, but the story is written so descriptively you don't even have to read the first book. If you want to read a book that transports you to a thrilling, gory and cruel world, this book is for you.

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