



## Bound & SEAL'D

*Kara Hart*

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**Ripped SEAL. Filthy mouth. Big... gun. What else does a woman need?**

*Colt*

I've been shot at by armed Militias. I've taken over fallen cities. I've protected the country I love and I've lost more friends than I can count. In a nutshell: I've seen it all. So you think some journalist can use me for my war stories?

Hell no.

But when she bends over at the bar, I can't help but stare at that lush, hour glass frame. One taste is all I need and I'll do anything for it.

If it's a story she wants, a story is what she'll get. After all, she said she'd do anything for this.

*Lena*

I'm not an idiot. Men like Colt Sterling are bad news, even if he is a Navy SEAL war hero. Tall, brooding, and waiting for the world to burn, this guy is bad. His ripped body and cocky attitude tell me to stay away. But as a journalist, I need my story.

One story for one night. That's the deal.

**But now he's not letting go. And I'm begging for more.**

**\*\*Bound and SEAL'd is a standalone bad boy romance novel with a HEA and absolutely NO CLIFFHANGERS!\*\***

## Bound & SEAL'D Details

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## **From Reader Review Bound & SEAL'D for online ebook**

### **Lisa Jolly says**

I received this book free as an ARC for my honest review.

Lena is an investigative journalist working for a small town paper, she has just split up from her ex-boyfriend Elijah, is struggling with her job and it taking care of her alcoholic sister Julie. Colt is an ex-navy Seal, returned with a damaged body and mind, he cut's himself out of living by living in a log cabin he built in a secluded area of town with his only friend Bowen also an ex-navy Seal. Lena & Colt meet in Julie's bar and she is after a story, it was for one night, but turned into so much more. Colt saving her life, protecting her from Elijah and in the end protecting her job. Lena needs to make decisions as she thought she was never going to get married.

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### **Tammy says**

This was a good read for me. The story was ok, I would have preferred a bit more. Lena could be a bit annoying at times. However their chemistry was good and the sex hot. It was an enjoyable read.

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### **Heather says**

Lena works at a local paper and cannot get her editor/ex-boyfriend to leave her alone. Add on, her older sister that she needs to keep a close eye on. Lena is always the responsible one, looking out for everyone else. It's time for a change.

Colt is retired from the military, living in the same town as his friend, also a member of his team. Colt has memories that are hard to forget and chooses to keep to himself. However, meeting Lena at the bar... he just cannot get her out of his mind. It's a game of cat & mouse... one he wants to win.

Add in a bit of mystery...it's the makings of a fantastic read! Kara Hart does not disappoint in this book!

I received an ARC of this book in exchange for an honest review.

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### **Dee Archer says**

Lena is an investigative journalist struggling to deal with an alcoholic sister, a cheating ex boyfriend who also happens to be her boss and a dead end job. Colt is a Wounded Warrior returned from a traumatic experience in Afghanistan, living in isolation in the woods, hiding out from the world. These two unhappy people happen to meet one night in a bar and in time, become friends. There is a strong physical attraction and for awhile that was all either one wanted. But then things began to change; life happened. I was given an ARC in exchange for an honest review. A well written story of two people facing the demons of their past,

dealing with their present and finding love and purpose for their future. Five stars.

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### **Gladys Mills says**

Bound and Seal'd. Wow! This book was different than I thought it was going to be. I enjoyed this book. Lena was a gal that needed someone to tame her. And Colt stepped up to the plate to do just that, but found out it wasn't that easy. They both needed to be loved and cherished for who they are not what they do. The book had me sad at times and laughing at other times. I thought there was going to be more drama with Lena's ex boyfriend and the stuff he was stirring up. But it all worked out in the end. Good read!

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### **Patricia Hoffstaetter says**

This book is a wonderful and intriguing book to read and I thoroughly enjoyed reading it. The story covers Colt a former Navy Seal who returned home injured and emotionally scarred, and hiding in the cabin he built. Lena is a independent investigative journalist looking for a big story, she has also just recently broken up with her unsavory boss. While visiting her sister(Julia) who owns a bar and has a drinking problem, she meets Colt and the games between two people begin. What you will find in the story is drama, suspense, mystery, humor, a strong woman, a strong yet vulnerable ex-seal, a amputated leg, a touch of PTSD, personal problems, attraction, using each other, lust, emotional feelings, love and erotic scenes. The story-line and plot is well thought out and written. The characters in this book are well developed with personalities and emotional feelings of insecurities, denial, lust and desires. I would really recommend this book written by a exceptionally talented author to people that enjoy reading a navy seal romance with a HEA. You will not be disappointed.

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### **KelticKat says**

This one just really wasn't for me - might have been the writing style or a bit too something not exactly sure. Will give this author another try just to see if it's me.

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### **R says**

Sealed my like of this author!

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### **Michelle Ballard says**

It's Lena's night to shine, she's getting her first award in her career but it suddenly takes a turn for the worse... Her sister is drunk.. Her editor is drunk...Oh yeah we should put it out there now that they just broke up.. Yeah not a good idea dating your editor but ya know we all make bad decisions in life.. You just need to learn to deal with them and move on... Lena can't take much more tonight but being the nice person she is

decides to give the drunks a ride home, when Lena starts hearing weird sounds in the back seat she looks and finds her sister polishing her ex's love stick... Who the hell does that!?!?! She's had enough, Lena pulls the car over and tells him to get the hell out but he doesn't want to.... Lena is forced to take drastic measures.. Now dealing with the fall out of making her editor walk home naked, Julie the sister decides Lena needs to loosen up a bit and have a night out... Colt is out with his buddy for a nice night of drinking and find a nice woman to go home with and the first woman who catches his eye is Lena.. Lena wants nothing to do with him though... Can Colt change Lena's mind about him??

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### **Wendy Hodges says**

Arc for an honest review.

At times I felt these two characters would never get it together, they just seemed to be constantly in the wrong headspace, clashing or reading each other the wrong way. At the same time the sparks were something else, hot and out of control.

I loved this story, there is so much more than just an ex seal and a reporter. Both have major issues they are dealing with, both not wanting a relationship. The war has completely messed up Colt's outlook, and Lana has been dealt a rotten hand in her family as well as her ex boyfriend come boss so her job is on the line. Its good, enthralling, captivating. it is everything I love in a great book. I started and finished it in a day just not wanting to put it down, Kara this is definitely your best work yet.

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### **Linda Wimer says**

Great story. Loved every minute of it.

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### **Veronica LaRoche says**

Lena is a investigative journalist who hasn't had a great life. Trying to help her alcoholic sister who does something I don't think I could forget, but Lena will do anything for Lena. Lena has to deal with her ex who happens to be her boss and he just keeps making her life miserable. Colt is an ex Navy Seal who wants to be alone but he has needs and meets Lena & Julie at Julie's bar and knows he wants her but Lena is hesitant. She finally gives in and they both feel like they were meant for each other but it isn't easy for them. I really enjoyed Lena & Colt story and look forward to reading more of Kara's books

I received this book in exchange for an honest review

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### **April Symes says**

What a sexy and exciting romance read . The MC ( Lena and Colt) make a very interesting couple-she is a investigative journalist who didn't have such a great life in the past and he is an ex –Navy Seal who likes being alone. These two are so alike yet so different. They end up meeting at her sister's bar. There is a lot going on with her sister, Julia. There is two stories rolled into one. You have the PTSD angle, and there is this passion, mystery, suspense, angst, tension, push/pull between the MC , well played desire and a whole

host of other emotions at play. Lena and Colt really want each other after meeting but deny it and then , well, life gets in the way plus a lot of other things. It takes this good story to draw out their wants/needs/desires to get what will happen vs what could happen in this story. The ending is good and I felt really bad for her sister when at first I didn't want to. Colt is a definite alpha male , he just needed a good swift kick in the pants , while Lena has too many things on her plate and Colt is the man who can help her relax. There is a good plot and the characters came off as believable, which is important to me when I get engrossed like I did here. By the end, I could tell there were beginning, middle and end ; the flow was so good, I never wanted to stop reading.

My rating: 4.4 stars \*\*\*\*

\*\*I was given an ARC by the author in exchange for an honest review\*\*\*

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### **zoegr1 says**

\*\*I received this ARC in exchange for an honest review\*\*

Colt & Lena met at a time in their lives where they could really use a friend. Lena is having trouble at work, boss is her ex, & can't catch a break on an article. Colt is a Seal just returned home, he lost his leg to a bomb, & could use a pickup emotionally. And he sees Lena & knows she should be with him. Before you know it they're at her sister's bar having sex in the closet.

They really are great for each other, & build each other up over each hurdle they find. Including taking care of Lena's drunken sister. Lena is tired & really could use a break, so she's a bit bitchy. Colt is a bad boy, but he's a bad boy with a heart & he's there for Lena.

I really haven't found fault with anything I've read by Kara Hart. I appreciate a story that's solid with all the information needed to round it out. Great story!!

Enjoy!

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### **Jennifer Woodrow says**

#### **Rough Romance**

This was written differently than I expected. Lena and Colt were more blue collar and yet more elegant than I expect. They both have pushed their way to a life that has meaning in their own brain then when they meet each other they have to work out how to put themselves into a whole. Some questions about characters are never answered in this book so I'm hoping there's another book somewhere. The grammar was good and the suspense added a nice touch though some plot lines didn't have a satisfactory ending. However, just because it was different made it an enjoyable read.

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