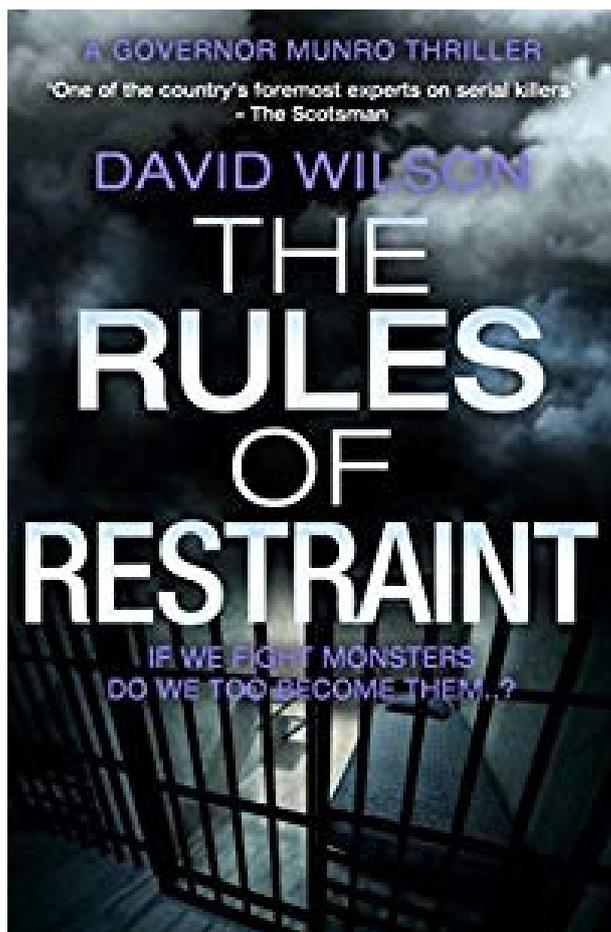


The Rules of Restraint



Author:	David Wilson
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[The Rules of Restraint.pdf](#)

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'One of the country's foremost experts on serial killers' – The Scotsman If we fight monsters, do we too become monsters...? Donald Munro has something of a problem on his hands. Just three months after taking over as governor of Greenbank – a unique therapeutic community prison, holding some of Britain's most dangerous and notorious killers – the place is descending into chaos. An escape, then a suicide, followed by a string of murders in the prison has left in its wake fear and confusion among staff and prisoners alike. Dr Kate Crowther, the prison's principal psychologist is called on – despite Munro's initial cynicism – to shed some light on the case and create a profile of the killer.

In the meantime, Detective Inspector Nick Knight is brought in to work with her on his investigation. The escapee, Bobby Lomas, dubbed 'Varsity Blue' for his string of killing young female students is considered to be at the heart of the case and Dr Crowther's close relationship with him has not gone unnoticed.

As the death toll rises, Munro becomes increasingly anxious about Lomas' whereabouts. His daughter has just started university and he hasn't heard from her in days... Written by the UK's leading expert on serial killers, The Rules of Restraint is a fast-paced thriller that will keep you guessing right to the end, with plenty of action and surprises along the way.

Praise for David Wilson 'David Wilson is a real-life Cracker.' – Leo McKinstry, Daily Express 'A man not short of a controversial opinion or three' – The Guardian 'Lifts the lid on the social, institutional, political and economic contexts that make serial killing possible' – John Muncie '...will undoubtedly stir up a great deal of debate' – Roger Hood David Wilson is a Professor of Criminology at Birmingham City University. A former prison governor, he is a noted criminologist and expert on serial killers through his work with various British police forces, academic publications and books. David has advised on live police investigations related to a linked series of murders and has provided training to new Senior Investigating Officers who will take charge of murder inquiries. His current research interests range from the phenomenon of British serial murder, family annihilation, hitmen and lethal violence within organised crime, to all aspects of prison history and penal reform. David currently lives in Buckinghamshire with his wife, Anne, and their two children, Hugo and Fleur.