

BOOK CLUB KIT

DISCUSSION QUESTIONS

- 1. Jillian Marsh is a survivor. She escaped her toxic upbringing and not only got sober, she built a successful marriage and medical career. What obstacles did you face growing up and how did you overcome them?
- 2. After Rochelle moves out, Jillian finds herself unsettled in her house; things are missing and moved—and she swears she didn't have anything to do with it. Have you had a situation where you told people about things that were happening to you, across any part of your life, but you felt unbelieved or unheard? If so, how did you manage it?
 - 3. Especially after her divorce, Jillian finds herself leaning on her friends more than ever. What do you love most about the friends who have your backfor worse or for better—and who are always there? How did those friendships form?
 - 4. Jillian once made a grievous mistake at work that nearly cost a woman her life. Have you ever made a mistake with consequences that reverberated? If so, how did you work to move past it?
 - What did you think of Rochelle and Domi's suggestion to Jillian regarding custody of Jillian and Rochelle's child? Why did you feel that way?
 - 6. When Jillian's paranoia turns into full-blown hysteria, her friends seem to not believe her—nor does she trust them. How have you dealt with friendships (current or former) where trust was so foundational but then lost?
 - 7. Do you feel that Jillian was justified in lashing out at Bree? Why or why not, or is there a gray area? Given everything that happens, do you think Bree is a good friend, why or why not?
 - 8. As Jillian tries to figure out what's happening, she starts to wonder if she may be imagining everything. Fewer things are harder than believing in yourself—the world is messy enough. How do you level down and know when to trust your instincts, and how do you know when to seek help?

Appointment 1:30pm tues

- **9.** As it becomes clear that whatever is happening is a threat, Jillian knows one thing for sure: she will do anything to protect her baby. Who did you think was behind the threats, and why?
- **10.** What did you think of Jillian's actions at the very end of the novel? Do you think she should have done anything differently?