



The Silent Patient

Alex Michaelides

A psychotherapist becomes obsessed with unlocking the silence of a woman accused of murdering her husband, in a twisty, atmospheric thriller that's surprisingly easy to curl up with.

Reading level: Easy

Best for: a club that loves a page-turner but wants a soft, conversational evening rather than a debate

Discussion

WARM-UP

1. Where did you do most of your reading of this one, and did the setting around you make the book feel cozier or eerier?
2. What was the first feeling that washed over you in the opening pages, and did anything about the mood remind you of a rainy afternoon at home?

DIGGING IN

1. Alicia retreats into silence after her tragedy. When life gets heavy for you, do you reach for words or for quiet, and what comforts you most in those moments?
2. Art is Alicia's emotional language. Is there a creative outlet (painting, baking, music, gardening) that has helped you process something you couldn't say out loud?
3. Theo is drawn to people he wants to help. Have you ever felt pulled to care for someone whose story moved you, and what did that teach you about yourself?
4. The book lingers on memory and the stories we tell ourselves. Is there a memory you return to often, and does it feel warm, bittersweet, or unresolved?

GOING DEEP

1. Without spoiling anything, what moment in the book stayed with you after you closed the cover, and why do you think it lingered?
2. By the end, the book asks us to rethink who we trusted. Setting twists aside, how did the journey make you feel about second chances and the truths people hide from themselves?

On the table

- 🍲 **Slow-simmered tomato soup with grilled cheese soldiers**
Comforting, London-rainy-day food perfect for a book set in a chilly British winter
- 🍮 **Warm sticky toffee pudding with cream**
A nurturing British classic that softens the book's darker edges
- 🍞 **Cheese and chutney board with crusty bread**
Easy, homey grazing inspired by a quiet English evening in

To sip

- ☕ **Honey chamomile tea (no alcohol)**
Soothing and quieting, a nod to Alicia's silence and the book's hushed mood
- 🍷 **Spiced mulled wine**
Warm, fragrant, and wintry, like the London setting
- ☕ **Hot cocoa with a splash of Baileys (optional)**
Indulgent and gentle, with an opt-in pour for those who want it

Run of show

- 7:00** **Soft landing**
Greet guests with a warm mug pressed into their hands and let them settle into blankets and floor cushions
- 7:15** **Grazing and warmups**
Pass the cheese board and ask the two warmup questions while people nibble
- 7:35** **Soup course and theme talk**
Serve tomato soup and grilled cheese, then ease into the theme questions
- 8:15** **Dessert and deeper waters**
Bring out sticky toffee pudding and move into the two deep questions, keeping the tone gentle
- 8:45** **Trivia by candlelight**
Play the trivia round as a low-stakes group game, no teams, just shouted guesses
- 9:10** **Scorecards and send-off**
Fill in scorecards together, hand out bookmarks, and let people linger over the last of their cocoa

HOST TIPS

- Dim overhead lights and use lamps or candles to create that curled-up-in-a-blanket feeling
- Invite guests to wear pajamas or their softest sweater so the vibe is unmistakably low-pressure
- Keep a soft no-spoilers rule for anyone still finishing, and steer big reveals toward feelings rather than plot points

Playlist

Hushed, candlelit, a little melancholy but tender, like rain on a window

- 01 Gymnopedie No. 1 - Erik Satie
- 02 Holocene - Bon Iver
- 03 The Night We Met - Lord Huron
- 04 Mad World - Gary Jules
- 05 Saturn - Sleeping at Last
- 06 Liability - Lorde
- 07 River - Joni Mitchell
- 08 Vincent - Don McLean

Trivia

1. Who wrote The Silent Patient? (Alex Michaelides)
2. In what year was the novel first published? (2019)
3. In which city is most of the story set? (London)
4. What is the profession of the narrator, Theo? (Psychotherapist)
5. What is Alicia Berenson's profession before the events of the novel? (Painter (artist))
6. Alex Michaelides was born and raised in which country? (Cyprus)
7. Greek tragedy is a major influence on the book. Which Euripides play is often associated with it? (Alcestis)
8. Before novels, Alex Michaelides was known for working in which field? (Screenwriting)

Rate the book

Coziness of the read	☆☆☆☆☆
Emotional pull	☆☆☆☆☆
Atmosphere and mood	☆☆☆☆☆
Stay-up-late factor	☆☆☆☆☆
Would-recommend warmth	☆☆☆☆☆

One word for how this book felt: _____

The page I'd reread with a cup of tea: _____

A friend I'd press this book into the hands of: _____

YOU'RE INVITED

Soft Blankets and Quiet Secrets

Come curl up for a cozy night of warm soup, sticky pudding, and gentle conversation about The Silent Patient. Wear something soft, bring your softest opinions.



Plan your own book club night

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