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- Vivian's struggling with her mental health. Should her mother have noticed and been more forthright with her before leaving for her cruise? Would this have made any difference to Vivian? Would the outcomes for her and Jake have been the same?
- Do you think sleep deprivation affects Vivian's ability to make rational decisions?
- Dave left Vivian but do you believe she pushed him away? Should she have been more open to his sexual preferences and found a way to re-engage with him intimately to try and save their marriage?
- Dave and Viv married because of Jake? Did this contribute to the failure of their marriage? Does marriage add an additional pressure to a relationship?
- At what point in the novel did Vivian go from anxious parent to paranoid and deranged? Did you understand how she reached this point?
- Jake's angry and runs away from home to try and reach his dad. Is this because Vivian has become unapproachable as a parent? Is she scaring him? Or is this normal pre-teen behaviour?
- Vivian is menopausal. How much of her irrational behaviour can be attributed to this? Should this stage in her life be considered instrumental to her state of mind?
- Was there any point in the novel where you thought Jake would be removed from Vivian's care?
- What did you think of the school's involvement regarding Jake's absenteeism? There is considerable pressure for Jake to attend school. Was this concern by the school justified?
- If you made this novel into a movie, who would you cast in the main roles?
- Worrying about your children can be all consuming. Did you empathise with Vivian's catastrophising or was she paranoid?
- What did you think of Vivian's approach to therapy? Did she take it seriously enough?
- The location of the novel on the Isle of Sheppey added to Vivian's isolation. Do you think this contributed to her state of mind?
- At the end of the novel, Vivian is sleeping. How do you think she will cope with Jake's teenage years?
- The epigraph to the novel is a poem by Ros Barber and a line from the poem was chosen as the title. How does the poem affect your reading of the novel?

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