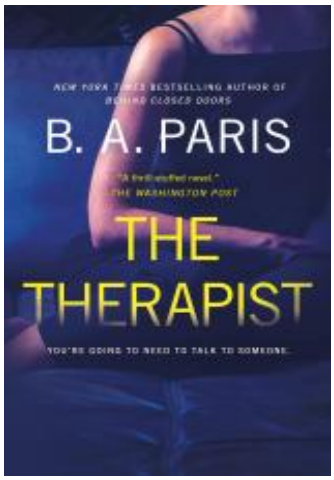
The Therapist

by B. A. Paris



About the Book

The multimillion-copy *New York Times* bestselling author B. A. Paris returns to her heartland of gripping psychological suspense in THE THERAPIST --- a powerful tale of a house that holds a shocking secret.

When Alice and Leo move into a newly renovated house in The Circle, a gated community of exclusive houses, it is everything they?ve dreamed of. But appearances can be deceptive.

As Alice is getting to know her neighbors, she discovers a devastating secret about her new home, and begins to feel a strong connection with Nina, the therapist who lived there before.

Alice becomes obsessed with trying to piece together what happened two years before. But no one wants to talk about it. Her neighbors are keeping secrets, and things are not as perfect as they seem.

Discussion Guide

1. THE THERAPIST?s prologue closes with a Henry David Thoreau quote: ?Happiness is like a butterfly; the more you chase it, the more it will elude you. But if you turn your attention to other things, it will come and sit softly on your shoulder.? How does this quote relate to the rest of the novel?

2. The Circle itself plays a large role in THE THERAPIST: a gated, tight-knit community of 12 families could, at times, be a difficult place to live. Would you consider living in an estate like The Circle? Was conflict of some kind --- if not necessarily to this extent --- almost inevitable?

3. In Chapter 2, Leo says to Alice, ?We?re fine on our own. We don?t need anyone else.? Alice continues to dwell on this statement; do you think this ?us against the world? mentality can be romantic? Healthy? How does your understanding of this statement change as you learn more about their relationship?

4. Alice offers multiple reasons for not revealing to friends that Thomas Grainger was the one to tell her about the murder --- seemingly harmless white lies that eventually build to a nearly deadly resolution. Do you buy in to her reasoning? Putting yourself in her shoes, what would you do differently?

5. In Chapter 13, Alice reveals that her older sister Nina named her after Alice in Wonderland. How are the two Alices similar? Different? What about the two Ninas in this novel?

6. Early in the novel, Alice admits that she can?t bring herself to like her new home, and later, in Chapter 17, she thinks, ?it?s not easy living with Nina?s ghost.? Though, ultimately, real people are responsible for the deaths that occur, how do ghosts and hauntings permeate THE THERAPIST?

7. The ?Past? interstitials play out almost on repeat --- until the last two when things abruptly take a turn. What effect do you think the author was trying to create with this technique?

8. In one of the final reveals, we learn the truth behind Alice?s sister?s death. Were you surprised by this information? How did it change your understanding of Alice?s motivations and reactions?

9. The words that end the novel are, ?The truth, and nothing but the truth.? How does this sum up the events that occurred and the choices characters made in THE THERAPIST?

Author Bio

B. A. Paris is the *New York Times* bestselling author of BEHIND CLOSED DOORS, THE BREAKDOWN, BRING ME BACK, THE DILEMMA, THE THERAPIST, THE PRISONER, THE GUEST and WHEN I KILL YOU. Having lived in France for many years, she and her husband now live in the UK, where she writes from a cottage in the Hampshire countryside.

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