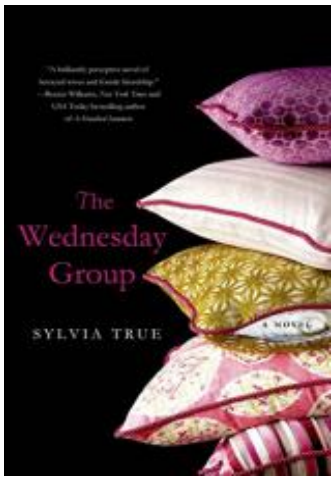
The Wednesday Group

by Sylvia True



About the Book

Gail. Hannah. Bridget. Lizzy. Flavia. Each of them has a shameful secret, and each is about to find out that she is not alone?

Gail, a prominent Boston judge, keeps receiving letters from her husband?s latest girlfriend, while her husband, a theology professor, claims he?s nine-months sober from sex with grad students. Hannah, a homemaker, catches her husband having sex with a male prostitute in a public restroom. Bridget, a psychiatric nurse at a state hospital, is sure she has a loving, doting spouse, until she learns that he is addicted to chat rooms and match-making websites. Lizzy, a high school teacher, is married to a porn addict, who is withdrawn and uninterested in sex with her. Flavia was working at the Boston Public library when someone brought her an article that stated her husband had been arrested for groping a teenage girl on the subway. He must face court, and Flavia must decide if she wants to stay with him. Finally, Kathryn, the young psychologist running the group, has as much at stake as all of the others.

As the women share never-before-uttered secrets and bond over painful truths, they work on coming to terms with their husbands? addictions and developing healthy boundaries for themselves. Meanwhile, their outside lives become more and more intertwined, until, finally, a series of events forces each woman to face her own denial, betrayal and uncertain future head-on.

From author Sylvia True comes THE WEDNESDAY GROUP, a captivating, moving novel about friendship, marriage and the bonds that connect us all.

Discussion Guide

1. How would you define addiction? Do you think sex addiction is really an addiction?

2. What are the similarities and dissimilarities to other addictions?

3. Were you drawn into the book right away, or did it take a while? Was the premise disturbing or intriguing? Did you feel uncomfortable looking into these women?s personal lives?

4. Did you like or admire one character in particular? Was there a character you didn?t like? Did you feel empathy for the women?

5. Hannah has stayed with her husband a long time. How do you feel about this? Do you think she has made the right choice?

6. How do you feel about group therapy? Is it something that you think might be helpful? Do you think individual therapy would serve these women better?

7. What do you think will happen to these women in the future? Do you envision any of them sticking out their marriages?

8. Do you know any people or families that struggle with addiction and addiction related issues? Can you see any similarities to their situations in this book?

9. If you could talk to the author, what would you like to ask?

Author Bio

Sylvia True was born in Manchester, England, and now lives in Massachusetts with her husband and two children. She received her BS in chemistry and her master's in education, and now teaches chemistry at Holliston High School, where she is the head of the Science and Technology Department. THE WEDNESDAY GROUP is her first novel.

Critical Praise

"An intimate and intensely real view into the lives of these women...this wonderful story of their strength and resilience is timeless, and one we need to hear."

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