

Before I go to Sleep by S. J. Watson

The novel set in London and is a psychological thriller about a woman suffering from amnesia. She wakes every day with no knowledge of who she is and the novel follows her as she tries to reconstruct her memories from a journal she has been keeping.

She learns that she has been seeing a doctor who is helping her to recover her memory, that her name is Christine Lucas, that she is 47 years old and married and has a son. As her journal grows it casts doubts on the truth behind this knowledge and sets her on a terrifying journey of discovery.

Comments from the Reading Group: Riveting; I read it in three days; Full of surprises; Complicated; Thought provoking.

This book would lend itself to reading all in one go without interruption wrapped in a duvet lying on the sofa.