



Book choices for June/July 2021

We are delighted to introduce you to our next round of recommendations for our Book Club - thanks to everyone who has contributed your thoughts and ideas.

Don't forget, you can access these books in paper or hardback copy, on Kindle or other electronic device or via Audible if you prefer. We've tried to go for ones that are easily accessible but please remember you don't have to read or review all three.

Our first suggestion is our non-fiction choice:

Mad Girl – Bryony Gordon

Bryony Gordon has OCD.

It's the snake in her brain that has told her ever since she was a teenager that her world is about to come crashing down: that her family might die if she doesn't repeat a phrase 5 times, or that she might have murdered someone and forgotten about it. It's caused alopecia, bulimia, and drug dependency. And Bryony is sick of it. Keeping silent about her illness has given it a cachet it simply does not deserve, so here she shares her story with trademark wit and dazzling honesty.

A hugely successful columnist for the *Telegraph*, a bestselling author, and a happily married mother of an adorable daughter, Bryony has managed to laugh and live well while simultaneously grappling with her illness. Now it's time for her to speak out. Writing with her characteristic warmth and dark humour, Bryony explores her relationship with her OCD and depression as only she can.

Mad Girl is a shocking, funny, unpredictable, heart-wrenching, raw and jaw-droppingly truthful celebration of life with mental illness.

Our first novel is a light summer read which has received mixed reviews:

Mum & Dad – Joanna Trollope

***Sunday Times* number-one best seller Joanna Trollope explores the issues at the heart of a modern family with her trademark wit and warmth, in *Mum & Dad*.**

What a mess, she thought now...what a bloody, unholy mess the whole family has got itself into.

It's been 25 years since Gus and Monica left England to start a new life in Spain, building a vineyard and wine business from the ground up. However, when Gus suffers a stroke and their idyllic Mediterranean life is thrown into upheaval, it's left to their three grown-up children in London to step in....

Sebastian is busy running his company with his wife, Anna, who's never quite seen eye to eye with her mother-in-law.

Katie, a successful solicitor in the City, is distracted by the problems with her long-term partner, Nic, and the secretive lives of their three daughters.

And Jake, ever the easy-going optimist, is determined to convince his new wife, Bella, that moving to Spain with their 18-month-old would be a good idea.

As the children descend on the vineyard, it becomes clear that each has their own idea of how best to handle their mum and dad, as well as the family business. But as long-simmering resentments rise to the surface and tensions reach breaking point, can the family ties prove strong enough to keep them together?

Our last suggestion is:

Tidelands – Philippa Gregory

England, 1648. A dangerous time for a woman to be different....

Midsummer's Eve, 1648, and England is in the grip of civil war between renegade King and rebellious Parliament. The struggle reaches every corner of the kingdom, even to the remote Tidelands - the marshy landscape of the south coast.

Alinor, a descendant of wise women, crushed by poverty and superstition, waits in the graveyard under the full moon for a ghost who will declare her free from her abusive husband. Instead she meets James, a young man on the run, and shows him the secret ways across the treacherous marsh, not knowing that she is leading disaster into the heart of her life.

Suspected of possessing dark secrets in superstitious times, Alinor's ambition and determination mark her out from her neighbours. This is the time of witch-mania, and Alinor, a woman without a husband, skilled with herbs, suddenly enriched, arouses envy in her rivals and fear among the villagers, who are ready to take lethal action into their own hands.

If you are not already a member of the book club, you can join by registering your interest with:-

Sherry sherry.smith2@nhs.net or Debbie debbie.arnold4@nhs.net in Central Office or by calling them on 01305 361317.

We look forward to receiving your comments back by 2nd August and we will publish them here soon afterwards.

Happy reading!!

Sherry, Debbie and Lucia