

DISCUSSION GUIDE

TRUTHS I NEVER TOLD YOU

KELLY RIMMER



1. This book is narrated by Beth, Grace and Maryanne. Was this the kind of book where you preferred one narrative over the others, or did you enjoy them all?
2. Grace, her mother, and Beth all suffer with post-partum depression. How have attitudes and approaches towards this disorder changed over the last few generations? Do you have any personal anecdotes to share about post-partum depression, perhaps in your own family history?
3. Beth is a psychologist, but despite her training and expertise, it takes her some time to come to terms with her own condition. Did this seem realistic to you? Why do you think that might be the case?
4. Have you ever thought about what life was like for women before contraception was easily accessible and socially acceptable? Have you thought about how the course of your own life might have been different if you weren't able to access contraception?
5. Abortion is a highly contentious and emotive topic. Do you think the author intended to take a side in the way she told this story? Did the story challenge your own thoughts on the subject in any way?
6. Did you learn anything new as you read this book, and if so, what was it?
7. Early in his marriage to Grace, Patrick is selfish and entitled. The dynamic in their home is blatantly unequal, as was the norm in most households at the time, and he was unable to get Grace the help she so desperately needed when she was struggling. Do you think societal norms during that era excuse such behavior, or should Patrick have behaved differently?
8. Patrick eventually grows into the father Grace always hoped he would be. Do you think this same growth would have happened if she had survived? Why or why not?
9. Maryanne makes significant sacrifices to help with Patrick and the children after Grace's death. Was she motivated to stay by love, guilt, or fear of the consequences to herself if Patrick found Grace's notes? Had she and Patrick not ended their relationship, do you think she would have come to resent the choices she'd made?
10. Which scene in Truths I Never Told You affected you the most, and why? What emotions did that scene elicit?
11. Were you satisfied with the ending? Did the various narratives come together the way you anticipated?
12. What will you remember most about Truths I Never Told You?
13. Who would you recommend Truths I Never Told You to?