

Book Club Guide



Mirror – Discussion Guide

Mirror explores trauma, survival, and the difficulty of starting over after violence. Ema Efra attempts to rebuild her life in a new environment, but the past continues to shape her choices, relationships, and perception of safety. The novel examines how trust develops under pressure, how fear influences interpretation, and how individuals navigate uncertainty when threats are not clearly visible.

Discussion Questions

How does the novel portray the psychological effects of surviving violence?

In what ways does Ema attempt to create a new identity?
How does the story explore the difficulty of trusting new people?
How does uncertainty influence Ema's interpretation of events?
What role does fear play in shaping decision-making?
How does the novel present the relationship between past trauma and present behaviour?
Which characters appear trustworthy, and why?
How does isolation affect Ema's emotional responses?
In what ways does the novel explore vulnerability in unfamiliar surroundings?
How does the narrative examine hidden motives?
How does the story explore the concept of safety?
How does the novel portray emotional endurance?
What role does memory play in shaping Ema's perception of reality?
How do connections to the past influence present relationships?
How does the novel explore uncertainty as an ongoing condition?

Themes

- trauma and survival
- reinvention and identity
- trust and betrayal
- fear and psychological pressure
- violence and aftermath
- isolation and vulnerability
- hidden motives
- uncertainty and perception
- emotional endurance
- connections between past and present
- threat perception
- fragility of safety