



Book Club Discussion Questions for *Behind the Mirror*

Julie's story is told in first person, which gives us direct access to her thoughts and distortions. How did this POV affect your experience as a reader? Did it make you more sympathetic, more frustrated, or both?

Much of the novel explores the idea of living behind a "distorted lens." What patterns did you notice in Julie's life that reflected this? Did any of those patterns resonate with your own experiences?

Julie's fourth marriage becomes the breaking point — but the book isn't really about marriage. What deeper themes did you see underneath her relationships?

How does generational trauma show up in Julie's story? In what ways do you think family history influenced her beliefs about love, worth, and identity?

Julie wrestles with self-worth and the belief that she has to perform or over-function to earn love. How did you see that belief play out in different parts of her life — work, marriage, friendships?

The book mixes moments of raw pain with flashes of humor. Did the humor change the way you connected with Julie? Why do you think the author chose to weave in both?

Behind the Mirror has been described as "therapeutic fiction." Did reading it feel therapeutic to you in any way? If so, how?

Near the end, Julie reframes her journey: it's not about "fixing herself" but about seeing the lens she's been living behind. What does that shift mean to you? How might that idea apply to your own life?

Were there any moments where you wanted to reach into the book and shake Julie — or hug her?

What does that reaction say about the way we respond to ourselves in similar situations?

Imagine Julie sitting in your book club tonight, listening to this conversation. What would you want to tell her?