



The Silent Patient by Alex Michaelides

Reviewed by Fadila



Stand Alone, Mystery, (Psychological) Thriller, Suspense

Give a summary without spoilers!

Alicia Berenson murdered her husband. Or did she? This is exactly what Theo Faber is trying to find out.

Alicia now spends her days in a hospital for people recovering from mental distress. She is silent and has not spoken a word to anyone since the eve of her husband's death. Theo takes on the task of becoming her therapist with the hopes that he can extract the story from her. He does not believe Alicia killed her husband, but was set up to look like she did.

As Theo gets closer to the mystery's close, he gets closer to losing himself. Through discoveries about Alicia's and Theo's lives, the reader doesn't solve the mystery and is kept in suspense until the very end.

What drew you to this book?

I heard about *The Silent Patient* on TikTok. People had said it was just THAT good. My older sister had also read the book, and had recommended it to me saying it was 100% worth reading. I also really admired the cover picture, it's truly a work of art.

Did it remind you of something that you've previously read?

The Silent Patient somehow reminded me of *Defending Jacob* by William Landay. Even though their genres are slightly different, both are mysteries that keep the reader in the dark until the very end. The writing styles of Alex Michaelides and William Landay are also quite similar. They take on a very negative view of life, they write about the miseries and monotony of the 'average' person's (who never ends up being so average after all) life. Both books focus on a specific character's thoughts and feelings, providing vivid pasts and personalities so specific it feels as though the characters are real people.

To whom would you recommend this book?

I would suggest *The Silent Patient* by Alex Michaelides to people who love mysteries, are new to reading mysteries, and want a story that slowly builds up and is

unpredictable. If someone has a strong interest in psychology or psychotherapy, I would recommend this book to them as well. The book would be fine in the hands of people ages 15 and up. There is a lot of strong language, violence, and gore. There isn't a romance subplot, so if you're the type of person who needs some sort of romance in a book to make it through, this might not be the book for you.

Overall, did you like it and would you recommend it to others?

I really enjoyed reading *The Silent Patient*, especially the end when all the pieces of the puzzle finally add up and everything makes sense. I would definitely recommend this book to others because the twist ending is the perfect topic for conversation. The book sticks with you long after reading it, and I would like others to experience the feeling of being completely shocked by writing. I feel like this should be a book that they force students to read in school because a) it's actually interesting, and b) it might help people enjoy reading, instead of dreading it and treating it like a task.

Anything else that you would like to add to this review? What made you choose it? Did you like the cover? Was it recommended to you? Did you find it at the library?

Above I said that I rated the book 4 stars, but it's really more of a 4.5. Like it's not perfect, but it's definitely worth more than just 4 stars.