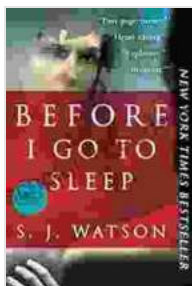


Before I Go to Sleep: A Journey Through Amnesia, Memory Loss, and the Search for Identity



Before I Go To Sleep: A Novel by S. J. Watson

★★★★☆ 4.1 out of 5

Language : English
File size : 1786 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 371 pages
Screen Reader : Supported



Author: S.J. Watson

Genre: Psychological Thriller

Publication Date: September 29, 2011

Summary

Christine Lucas wakes up every morning with no memory of the previous day. She has anterograde amnesia, a condition that prevents her from forming new memories. Every day, she must piece together her life from the diary entries her husband leaves for her. But as Christine delves deeper into her past, she begins to question everything she thought she knew.

Is her husband really who he says he is? Can she trust the people around her? And most importantly, who is she?

Characters

- **Christine Lucas:** A woman suffering from anterograde amnesia who is trying to piece together her life.
- **Ben Lucas:** Christine's husband, who is seemingly supportive but may be hiding something.
- **Dr. Nasch:** Christine's therapist, who helps her to cope with her amnesia.
- **Claire:** Christine's friend, who may know more than she lets on.

Themes

- **Identity:** Christine's amnesia forces her to question who she is and what her life has been.
- **Memory:** The novel explores the importance of memory in our lives and the devastating effects that memory loss can have.
- **Trust:** Christine must learn who she can trust and who she cannot, as she tries to uncover the truth about her past.

Critical Reception

Before I Go to Sleep was a commercial and critical success. It was praised for its suspenseful plot, complex characters, and thought-provoking themes. The novel was nominated for several awards, including the Edgar Award for Best Novel and the Anthony Award for Best Novel.

Film Adaptation

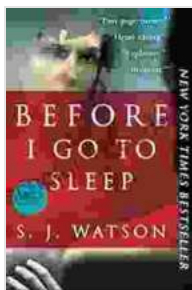
In 2014, *Before I Go to Sleep* was adapted into a film starring Nicole Kidman, Colin Firth, and Mark Strong. The film was directed by Rowan Joffe.

Why Read *Before I Go to Sleep*?

Before I Go to Sleep is a gripping psychological thriller that will keep you on the edge of your seat from beginning to end. The novel's complex characters and thought-provoking themes will stay with you long after you finish reading it.

If you're looking for a suspenseful and thought-provoking read, then *Before I Go to Sleep* is the perfect book for you.

Buy *Before I Go to Sleep* on Amazon

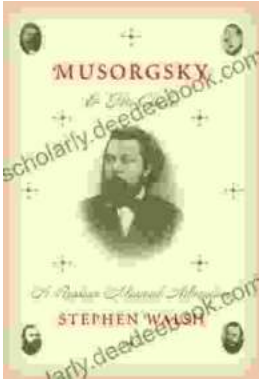


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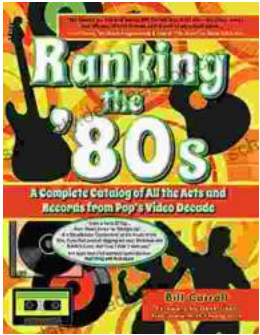
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