

# READING GROUP NOTES

THE CENTRE  
HANNAH TUNNICLIFFE

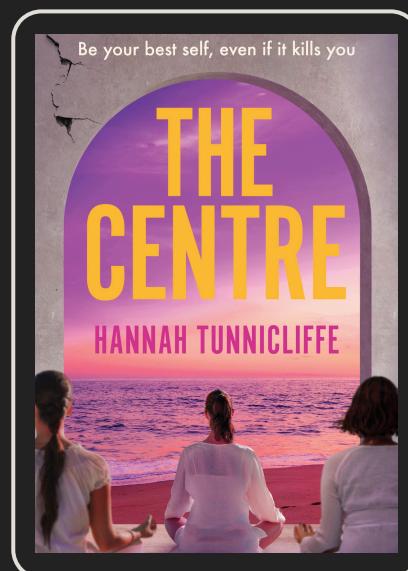
Be your best self, even if it kills you

Sisters Annie and Clover have always been close. When Annie turns up on Clover's doorstep, she happily takes her in. Clover is attending workshops at the Centre for Personal Excellence. Annie realises the Centre may be hiding dark secrets. Can Annie save Clover before it's too late?

November 2026

Paperback: \$34.99 | 9781761153679 | 320pp | TPB

Ebook: \$17.99 | 9781761153686



Annie believes she is 'saving' Clover. Have you ever tried to rescue someone who didn't want rescuing? What did you learn?

Clover sees personal growth where Annie sees control and danger. Have you ever outgrown someone—or felt left behind by someone's transformation? How did it affect the relationship?

If you had to choose: Is unquestioning support more important than honest opposition in close relationships? Where do you personally draw that line?

The novel asks whether love is enough to keep people from changing in incompatible ways. Do you think shared history is strong enough to survive radical reinvention?

The Centre promises to lead you to your 'best self'. What does that phrase mean to you? Is self-optimisation empowering—or inherently predatory?

Why do you think self-development movements are particularly attractive after someone has experienced a significant loss (e.g. the death of Annie and Clover's parents)? Have you ever been drawn to something similar during a vulnerable period?

At what point does community become cult? What warning signs did you notice in the story?

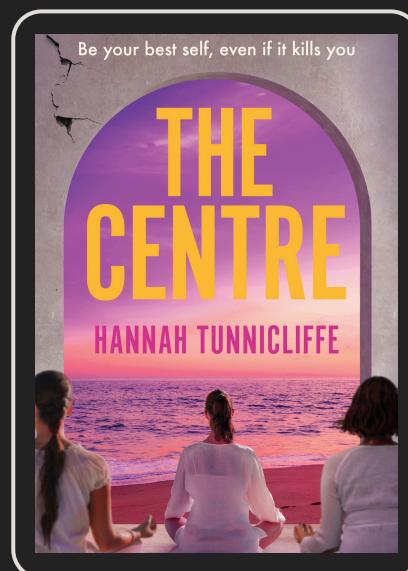
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Annie can't afford the workshops at The Centre. How does money impact access to self-improvement and does that make transformation a privilege?

What do you think draws people to Lumelia? Have you ever been drawn to an enigmatic person like her?

If The Centre genuinely helps some people, does that justify its darker elements? Can good outcomes excuse unethical methods?



What were your thoughts on Gabriel's behaviour? Can his actions and decisions be justified?

Have you ever pursued something that promised clarity or confidence but came with hidden costs?

In The Centre the setting of the Northern Beaches of Sydney is depicted as sunlit, aspirational and image-conscious. How does the setting impact or intensify the themes of perfection and belonging?