

## **Book Club: Are You Sleeping by Kathleen Barber**

### **About the Author**

Are You Sleeping was her first book and it is already made into a tv show

She lives in Washington DC

She is a former attorney

### **About the book**

Josie tried to escape her former life and family in the Midwest and start over in NYC with her boyfriend Caleb. One day she listens to a hit true crime podcast and realizes it is all about her father's death from 10 years prior.

Josie has to go home and face her past.

### **Main Characters**

Josie

Poppy Parnel (reporter)

Caleb (the boyfriend)

Lanie (the twin who married her highschool sweetheart)

Aunt A

Ellen (the cousin)

Mom (Erin) (left the girls to be raised by the aunt. Joined a cult. Commits suicide which forces Josie to go home)

Warren (neighbor kid accused of killing the dad)

Melanie (neighbor kids mom who was having an affair with the dad)

### **Questions for Kathleen**

-You are a former lawyer. How did you decide to write a book? So many people think they are going to write a book one day. You actually did it. What obstacles did you have to overcome to finish the book?

-Many authors spend years writing their first book. How long did this story take you to write?

-Where were you when you wrote this book?

-Was there a part of the book that you had to rewrite?

-What did you edit out of this book?

-Did you know the end of the book before you started writing?

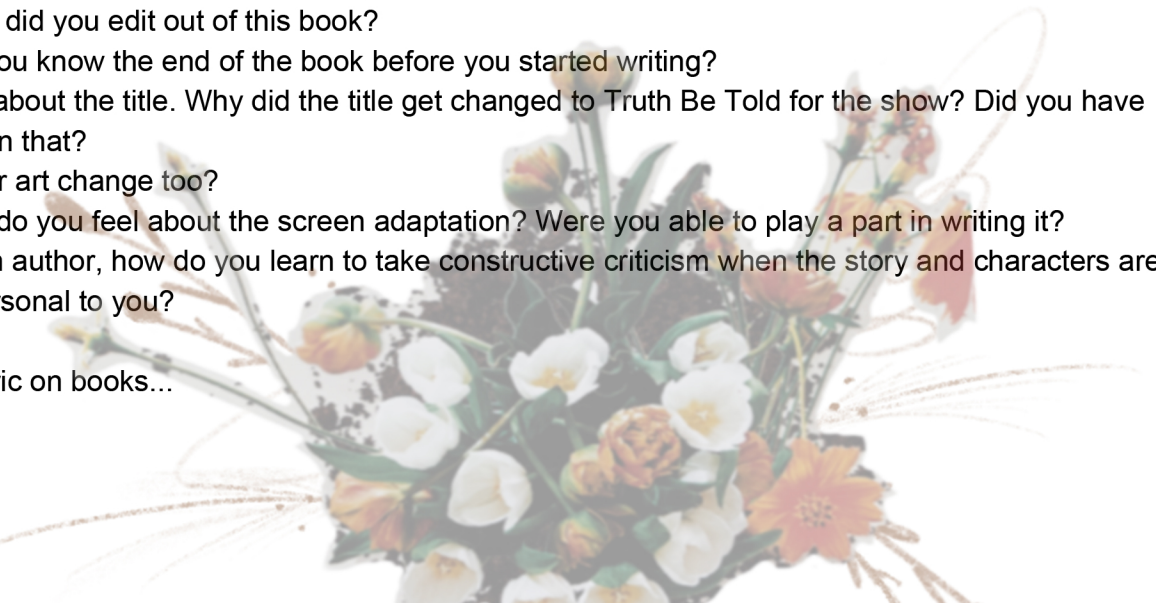
-Talk about the title. Why did the title get changed to Truth Be Told for the show? Did you have input in that?

-Cover art change too?

-How do you feel about the screen adaptation? Were you able to play a part in writing it?

-As an author, how do you learn to take constructive criticism when the story and characters are so personal to you?

Generic on books...



- What is a book you wish you could read again for the first time?
- What is the scariest book you ever read?
- Do you have a favorite author?

### **Questions for others joining in live**

- Who was your favorite character?
- Do you have a favorite moment from the book?
- What is the meaning in the title: Are You Sleeping?
- Which title do you like better, Are You Sleeping or Truth Be Told?

Generic on books...

- What is your favorite psychological thriller?
- What is the scariest book you ever read?

### **My favorite moments...**

- I loved the integration of social media and podcasts into the story. I thought it was so creative.
- Favorite character was Poppy even though I hated her.
- question from the publisher... Josie feels steadfastly that the podcast has turned “[her] father’s untimely death into a commodity” (p. 195) and “taken the single most horrible thing that’s ever happened to [her] and repackaged it as entertainment” (pp. 196–197). To what degree do you think journalists have an obligation to treat living subjects with sensitivity? Does the need to inform the public outweigh the risk crime reporting runs of commodifying the pain and suffering of victims?

### **The End**

- I thought the ending was good. I liked how it ended up being the mom and how the girls had to figure it out.

### **Closing details**

- bag
- hollyfurtick.com for t-shirt and mug
- Next book...  
Redbird Christmas by Fannie Flagg  
Can anyone recommend a good Christmas book?
- Next date... Dec 18
- I will do a swipe up for the book and the bag

