

# *The Expat Book Club*

## 'How To Stop Time'

Matt Haig



## **Discussion Guide**

Our Expat Book Club first question is always the same: Did you finish the book...and did you enjoy it?

Is Tom Hazard's condition a blessing or a curse? Is a long life always a good life?

Matt Haig has said that this book was partly inspired by his own experiences of mental illness. In what way has this shaped the novel?

What are the consequences for Tom of having a condition that is invisible to the outside world?

Tom is told explicitly he must not fall in love. What makes him defy this rule?

How do Rose and Camille inspire him to change?

The idea behind the book is fantastical, but how plausible did you find the storyline? Did you think the Albatross society for the anagerics made the plot more credible?

There are so many great quotes in this book...did you have a favourite?

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Tom and the other members of the albatross society have to move every eight years...does this make them the ultimate expats? Away from both their home and their times?

The main story of this book is the love story between Tom and his wife Rose. Do you think love could last almost 500 years?

Tom loses touch with his daughter, who is also an anageric. How do you think their lives would have differed if they had stayed together?

Tom describes things that happened to him living through all those different eras....but he doesn't say whether he preferred one time period to another. If you could go back in time, which era would you choose?

There are so many great encounters with famous people and events through history in this novel - which was your favourite?

This seems to be a genre-defying novel - do you agree? Would you say this was a historical novel, science fiction, literary fiction or something else?