

[The Silent Patient](#) by Alex Michaelides

Reviewed by Tessa C., Class of 2026

Book - Paper or Ebook

★★★★☆

What genre?

Mystery

What made you interested in reading/watching/playing this media?

I borrowed this book from my sister and she really recommended it to me.

Setting:

This book takes place in modern day London, mostly in a psychiatric facility called the Grove and with some scenes in a patient's home.

Protagonists:

The main protagonist is Theo Faber, a psychotherapist who takes an interest in treating Alicia Berenson, a patient at the Grove. Alicia Berenson has been silent for years, refusing to speak to anyone after being accused of murdering her husband.

Plotline:

This book covers Theo as he tries to get Alicia to talk and find out what happened the mysterious night of her husband's death.

Reflection on the novel's strong points and weak points:

Some strong and engaging aspects of this book is the complexity of the main characters as well as the plot twist that unravels as the book goes on. Some weak points of this book are some of the side characters, as we don't get a satisfying ending for most of them and they are a bit underdeveloped.

What are some themes that come across?

Some themes in the book are trauma, obsession, truth vs. perception, and human relationships.

Do you feel that the cover art is true to what the media is about?

Yes, it shows a pale and cracked face looking absent which lends itself to the theme of a psychological mystery well.

Did you enjoy it? Would you recommend it?

I very much enjoyed this book because I kept wanting to know more as more of the plot unraveled thought the book, I would recommend it to friends who like fast-paced mystery books.

Readalikes/Watchalikes are:

Another book that people who might like this one would be a fan of is *Gone Girl* because it matches the theme and fast paced suspense.

Final thoughts?

Overall, it's a very entertaining psychological thriller with a twist that will definitely make it worth the read.

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