

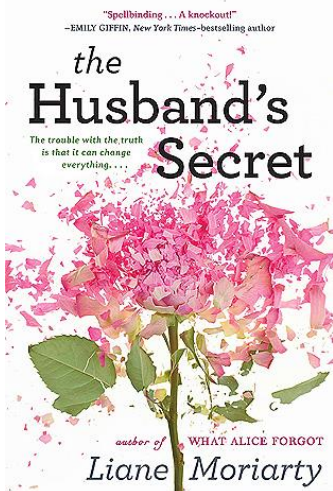
Reads and Recommends: Highlight on Author Liane Moriarty

By Jennifer Sorrell, MD

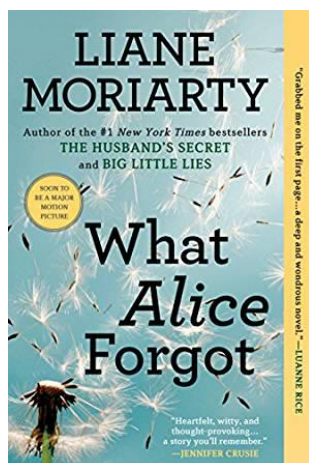


Liane Moriarty

Work-life balance is an important concept for happy satisfied dermatologists. One of my favorite ways to unplug after a challenging day or week is with a good book. I am partial to fiction and a compelling storyline, especially when I have trouble putting the book down. I am happy to share with you my thoughts on two novels written by an author who had me eagerly devour each novel she had written! Liane Moriarty was born and still lives in Sydney, Australia. She has published 6 books. One of them, *Big Little Lies*, was recently made into a short television series by HBO, with great success. [Wikipedia, lianemoriarty.com.au] I hope you find these reads take you to a wonderful haven from a busy world.



The Husband's Secret was the first book of Moriarty's that I read. It was quite the page-turner. We enter the life of Cecilia, Tupperware enthusiast and entrepreneur, and her husband John-Paul, the dashing dark-haired businessman. They have 3 daughters and an ordinary life until Cecilia comes upon a letter, addressed to her from her husband, only to be opened in the event of his death. She struggles with the decision of whether or not to open this envelope, which contains a secret that is so earth-spinning, you'll need to put down your soy latte for a moment to orient yourself. We also meet Tess, who has just found out that her husband and best friend/cousin have fallen in love right under her nose. Rachel, a 50-something widow, whose daughter was the victim of an unsolved murder at the age of 17, can't stop re-playing the hours leading up to her Janie's death and how life could have been different. The stories of these families become intricately woven in a fantastical story that is sure to capture your interest.



In *What Alice Forgot*, Alice Love takes a tumble during her spin class and wakes up to a totally different life. She discovers that she and her husband who was "besotted with her" have decided to divorce and that former friendships have dissolved. Instead of being newly pregnant, she has 3 children whom she doesn't even remember. She doesn't recognize the refined 39 year-old she has become. When did she get so posh and snippy? The story evolves as old Alice tries to fix new Alice's life. A fun, light must-read that will have you wondering how your younger self would see you today.