



BOOK CLUB  
RESOURCE GUIDE

Psychological Thriller



THANK YOU FOR  
CONSIDERING DANGEROUS  
ATTACHEMENTS FOR YOUR  
NEXT BOOK CLUB READ

BOOK CLUB  
RESOURCE GUIDE

SARAH LOVETT

The mind is the most dangerous place to hide. Forensic psychologist Dr. Sylvia Strange spends her days navigating the twisted psyches of maximum-security inmates, but her clinical detachment shatters when a brilliant, unstable former patient develops a chilling obsession with her. As disturbing events escalate, Sylvia is pulled into a tightening web of manipulation where her past may be the key to a predator's motives. Set against the stark, haunting landscape of the American Southwest, *Dangerous Attachments* plunges into psychological darkness as Sylvia—guided only by her instincts and the gritty insight of investigator Rosie Sanchez—must confront a threat that knows her far too well.

WORD COUNT: 80,000

PAGE COUNT: 402

KEY WORDS: Psychological Thriller | Criminal Psychology | Women's Crime Fiction

DEMOGRAPHICS: Readers who love crime fiction grounded in realism, especially involving prisons, psychology, and law enforcement

COMP BOOKS: *The Silent Patient* by Alex Michaelides | *Stillhouse Lake* by Rachel Caine | *The Girl in the Ice* by Robert Bryndza | *The Chemist* by Stephenie Meyer

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### **Setting the Mood:**

- Dim lighting with desert-sunset colors (amber, rust, deep blue)
- Background playlist of moody, atmospheric tracks
- Table décor with faux razor wire (craft store), manila folders, pencils, and case files

### **Atmosphere Boosters:**

- Serve drinks in metal cups
- Use clipboards for discussion questions
- Display a restricted area sign at the entrance

### **Attire Suggestions:**

Dark, neutral clothing

- Black, charcoal, deep navy — the “I might work in a forensic lab or an interrogation room” palette.

Blazers or structured jackets

- Instant “professional but tense” energy, very Sylvia Strange.

Ponytails, loose buns, or clipped-back hair

- A nod to Sylvia’s practical, no-nonsense style.

Old sunglasses

- Perfect for “investigator arriving at a crime scene” energy.

### **Add-Ons**

“Visitor” or “Staff” name tags

- Easy to make, instantly sets the tone.

Clip-on badges or lanyards

- Makes everyone feel like they’re entering a restricted area.

# Inside the Mind: A Sylvia Strange Experience

## PSYCH PROFILE CHALLENGE

### How It Works

Before the meeting, the host prepares 5–7 “psych profiles” based on characters from the book.

#### Each profile includes:

- A few personality traits
- Behavioral clues
- A hint of their emotional patterns
- A subtle reference to something they said or did

Players must guess which character the profile describes.

#### Optional Twist

- Have players defend their guesses using psychological reasoning.
- This sparks lively discussion and makes everyone feel like a profiler.

# Inside the Mind: A Sylvia Strange Experience

## INKBLOT INTERPRETATION GAME

### How It Works

The host prints 8–10 abstract inkblot images (easy to find or create).  
Each guest receives one at random.

### Guests must:

Describe what they see

Explain what that interpretation might reveal about a character

Connect it to a theme in the book

### Example Prompts

"If Sylvia saw this inkblot, what might she say?"

"What would Lucas see in this image?"

"What does *your* interpretation say about how you read the book?"

### Why It Works

It sparks deep discussion

It reveals how differently readers interpret the same story

It mirrors the psychological themes of the novel

# Inside the Mind: A Sylvia Strange Experience

## **Starter**

Smoked Green Chile Queso

**Recipe:** Melt white cheese with roasted Hatch chiles, cumin, and smoked paprika. Serve with blue corn chips.

## **Main Dish**

Santa Fe Red Chile Enchiladas

**Recipe:** Layer corn tortillas with red chile sauce, shredded chicken, and Monterey Jack. Bake until bubbling.

## **Side**

Prickly Pear Citrus Salad

**Recipe:** Mixed greens, orange slices, prickly pear vinaigrette, toasted pepitas.

## **Dessert**

Dark Chocolate Solitary Pots de Crème

**Recipe:** Rich chocolate custard topped with a single raspberry.

## **Bonus Snack**

Interrogation Room Trail Mix

**Recipe:** Dark chocolate chunks, dried cherries, almonds, and smoked salt.

# THEMED MENU: A Dangerous Menu



*A dark, smooth cocktail with a dangerous bite*

**Ingredients:**

- 2 oz bourbon
- 1 oz cold brew coffee
- ½ oz chile-infused simple syrup
- Dash of chocolate bitters
- Orange peel twist

**Instructions:**

- Shake bourbon, cold brew, syrup, and bitters with ice.
- Strain into a rocks glass over a single cube.
- Garnish with orange peel.
- Serve with caution.

SIGNATURE DRINK - The Jackal

Way Down We Go – KALEO  
Bury a Friend – Billie Eilish  
Control – Halsey  
The Night We Met – Lord Huron  
Seven Devils – Florence + The Machine  
In the Shadows – Amy Stroup  
Black Water – Of Monsters and Men  
The Wolves – Ben Howard  
Dark Days – Local Natives  
The Last Goodbye – The Kills  
Silhouette – Aquilo  
Hurt – Johnny Cash  
Blood in the Cut – K.Flay  
Shadow on the Sun – Audioslave  
Demons – Imagine Dragons



# SPOTIFY MUSIC RECOMMENDATIONS

A watercolor illustration of a cozy living room. In the center, a wooden chair with a curved back sits on a light-colored rug. To the left and right are tall wooden bookshelves filled with books. The background features a window with light streaming in, and the overall style is soft and artistic.

THIS GUIDE CONTAINS POSSIBLE  
SPOILERS FOR THIS BOOK IN  
THE DISCUSSION SECTION.

WARNING

- What was your first impression of Sylvia Strange, and how did it evolve throughout the story?
- How does the prison setting shape the tension and emotional tone of the novel?
- Lucas Watson is both sympathetic and terrifying. Which moments made you feel one way or the other?
- How does the book explore the line between mental illness and manipulation?
- What role does trauma play in shaping both Sylvia and Lucas?
- The Jackal believes he is acting under divine instruction. How does the novel handle religious delusion?
- Which scene did you find the most unsettling, and why?
- How does the New Mexico landscape contribute to the story's atmosphere?
- What themes of justice, redemption, or moral ambiguity stood out to you?
- The book contains subtle easter eggs in character behavior and dialogue. Which ones did you notice, and what do they suggest about future books in the series?

## DISCUSSION QUESTIONS



Sarah Lovett writes international and psychological thrillers about ordinary people forced into extraordinary choices. She is the coauthor of *METAL VIPER*, set against the shadow networks of modern Myanmar. Lovett is the creator of the bestselling Dr. Sylvia Strange psychological-thriller series (Random House; Simon & Schuster), inspired by her work researching criminal cases for the New Mexico Attorney General's Office. During a pause from the darkest subjects while raising her daughter, she collaborated with former CIA officer Valerie Plame on *Blowback* and *Burned* for Penguin; *Blowback* is under option for film (screenplay by Nicole Saad). Beyond crime and espionage, Lovett authored 35+ titles in the award-winning *Extremely Weird* children's series (recognized by the National Science Foundation and adapted as a network TV special). A Rockefeller Foundation grantee and former Padua Hills guest playwright, she continues to explore the costs of secrecy, the uses of power, and human resilience.

## ABOUT THE AUTHOR

WEBSITE: <https://sarahlovet.com/>

OTHER BOOKS: Metal Viper | Dr. Sylvia Strange Psychological Thriller Series