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WARNING: This is not the actual book *The Silver Linings Playbook* by Matthew Quick. Do not buy this *Summary, Review & Analysis* if you are looking for a full copy of this great book.
Instead, we have already read *The Silver Linings Playbook* and pulled out the key characters, events, and action points from this great romance suspense novel to give you a comprehensive chapter-by-chapter study guide & analysis. In doing so, unfortunately we do not have the space to include all elements of Quick's fascinating narrative. To get it all, you should first order the full book.
Packaged together in an engaging and easily digestible format, this concise chapter-by-chapter review and analysis works best as an unofficial study guide or companion to read alongside this intriguing book. Most users first read a chapter of the full book, and then they read the corresponding section in our guide. Others read the entire book from cover-to-cover, and then review using our guide.

THE SILVER LININGS PLAYBOOK -- MATTHEW QUICK

In *The Silver Linings Playbook*, lead character Pat Peoples has been through a lot in his 34 years. Recently released after an extended stay in a mental health facility, Pat is working to put his life back together. His ultimate goal: to reunite with his estranged wife, Nikki.
Pat narrates his efforts to move forward, supplying his own soundtrack to life events. He's accompanied on his journey by Tiffany, an equally damaged woman who involves him in activities beyond his obsession with physical fitness and his loyalty to the Philadelphia Eagles. By sharing their brokenness, the two eventually come to a place where they share common ground and find healing.
Stay on track and see details in *The Silver Linings Playbook* that you'd never notice otherwise with this study guide. Plot points you might miss, symbols that only become obvious on a second or third read-through, and themes that affect your understanding of the story -- all conveniently laid out for you.
This study guide is your map to navigate the funny, real, and heartbreakingly honest relationships presented in author Matthew Quick's debut novel. The author's own experience with depression gives a depth of reality to this story of medical psychology, mental illness, and the quest for happy endings. Although ultimately hopeful, the book is bold in its portrayal of the slow, difficult path to overcome pain and to grow from the experience.
Quick's work is a great jumping off point for group discussion of these timeless topics. This study guide is a great companion piece, exploring the importance of self-renewal, acceptance, and the many other enduring themes found in the novel. The guide provides a rubric for the discussion of mental illness, the nature of change, and the role of self-forgiveness in personal growth.
Whether you're reading *The Silver Linings Playbook* for personal enjoyment and you want to maximize how much you get out of Quick's novel -- or whether you're reading for serious literary study -- this study guide is the perfect companion. It can help you understand the novel better or help you cram for a class.
FROM START-TO-FINISH IN JUST 20 MINUTES!
Here's your chapter-by-chapter guide to Matthew Quick's intriguing romance and suspense novel *The Silver Linings Playbook* that you can start and finish right now!

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