

The Midnight Library: facilitator notes

BiblioFiend | Version 1.0 | 15 October 2026

Whole-book spoilers. Facilitation notes, not an answer key.

Opening lens

The Midnight Library gives Nora Seed a fictional place to try possible lives. Ask what a wished-for life reveals about the life from which it is wished. This is a question about a novel. It is not a promise to treat depression or ease a reader's own distress. Keep that boundary clear.

Evidence method

Choose a regret Nora names early on. Then find a possible life that lets her see it another way. Note what draws her to that life and a cost she could not see at first. Readers may pass on suicide or depression prompts and still talk about the book's form.

Minutes	Task	Book-specific starting point
0-5	Scope and pass option	What did the library image make you expect about choice before the rules of the space became clear?
5-15	Opening reaction	Which early detail gave Nora's account of regret a concrete shape rather than a broad label?
15-30	People and relationships	What does a prestigious or admired life fail to tell Nora in advance? Compare public success with an ordinary lived moment.
30-45	Narrative choices	How does the narrative handle uncertainty about what makes a life worth living? Where does a simple maxim seem inadequate?
45-55	The ending	What remains unknown in the closing pages? Why might keeping that unknown matter more than supplying a reassuring future?

Minutes	Task	Book-specific starting point
55-60	One remaining question	Close on the difference between valuing possibility and refusing every imperfect choice. Keep the answer about Nora's fictional situation, not a rule another reader should apply to their own life.

Group 1 chapter cue

Bring an early passage where Nora names a regret.

Group 2 chapter cue

Choose one possible-life chapter and note both its appeal and its limit.

Group 3 chapter cue

Use a final passage to revisit the meaning of an earlier imagined alternative.

Closing direction

Close on the difference between valuing possibility and refusing every imperfect choice. Keep the answer about Nora's fictional situation, not a rule another reader should apply to their own life.

Edition and scope note

This is a literary discussion, not a mental-health intervention. The premise includes suicide and depression. No prompt requires personal disclosure, and no reading outcome is promised. Move to form or setting if a theme is not right for the group.

Source

<https://www.penguinrandomhouse.com/books/575653/the-midnight-library-by-matt-haig/readers-guide/> | The Midnight Library | Matt Haig | ISBN 9780525559498