

*She was the perfect wife with the perfect life.  
Some would kill to have it.*

# Dirty Laundry



**A BOOK CLUB KIT**



## DEAR READER,

The idea for *Dirty Laundry* came to me as though I was watching a film. After I was certain I was awake, and after frantically searching the internet to make sure I hadn't seen this somewhere, I was finally able to trust my mind—that I had entirely imagined the scenes and the vividly real characters. Then I began to write.

At the time I was writing this book we were crippled and isolated by the Covid lockdown. My husband and I were also in the midst of trying to parent an infant, and I found myself turning to the Internet and social media for support. While there were some helpful and supportive parenting communities online, I was also bombarded with streams of contradictory information, misinformation, unrealistic standards of motherhood, glossy perfection, and criticism. We were lucky to emerge on the other side of the pandemic unscathed, but feeling lost and alone, hopeful we would find a way to be good parents to our daughter.

I was born and raised in India, and moved to Ireland eight years ago when I fell in love with an Irish man in London. Raising a child away from my family has been difficult, and making new friends in a new country has been a challenge. I've been interested in the politics of female friendship all my life, and the older I get, the more layers the onion acquires. I created these female characters as a synthesis of women I've come across both personally and online.

I hope that in this book you find people you recognise, people you're glad to not know personally, and that you're confronted by the realities of motherhood. What I most wish for is that this book reminds us to be kinder to one another.

Thank you for reading, and I hope your book club discussion buzzes with opinions.

**DISHA BOSE**





# DISCUSSION QUESTIONS

1. Between Ciara, Mishti, and Lauren, which character did you most relate to or empathize with? Did your perception of these women change as you read? How did the alternating points of view influence your perception?
2. Both Lauren and Mishti feel like outsiders within the village. Discuss the different reasons each woman feels like a fish out of water. Why doesn't this shared experience result in a friendship? Have you ever felt as though you've had a missed opportunity for kinship with someone?
3. Motherhood, specifically how to be a good mother, is a frequent topic throughout the book. Discuss each mother's relationship with her children. How are they different or similar?
4. Social media and public perception are significant themes in the narrative. Discuss how each character's relationship with social media and local town gossip impacts their daily lives.
5. The desire for love and the need for self-preservation are at odds several times in the story. Discuss how this conflict presents itself within Ciara, Mishti, and Lauren. Does one character struggle with this dynamic more than the others?
6. Consider Mishti and Parth's relationship. How does it differ from the relationship Ciara has with her husband, and Lauren with her partner? How does Mishti and Parth's arrangement influence their relationship? What do you think are the benefits and drawbacks to an arranged marriage?
7. Do you think any healthy relationships (whether spousal, friendly, parental, neighborly) are modeled in the novel? If so, which? What do you think it takes to have a healthy and happy relationship?
8. Female friendship and competition play a major role in the events of the story. Discuss how the dynamics between Ciara, Mishti, Lauren, and the wider group of other moms, affect the outcomes of all three characters.
9. How does the setting of a small Irish village affect the story? Does the isolation of living in a small town contribute to the characters' actions?
10. Discuss the ending of the novel. Were you surprised to learn the truth about Ciara's death?



# MEET THE WOMEN IN *Dirty Laundry*

## CIARA

### INSTAGRAM:

Perfectly curated  
Queen Bee

### VS.

### REALITY:

Drinking, pills,  
and affairs

## MISHTI

### INSTAGRAM:

The silent,  
devoted wife

### VS.

### REALITY:

Silently screaming,  
her life isn't  
what she thought  
it would be

## LAUREN

### INSTAGRAM:

Messy,  
but happy

### VS.

### REALITY:

Isolated,  
ostracized,  
and ready  
for revenge

# TIPS FOR REMOVING PESKY WINE STAINS

Courtesy of lacrema.com

## TIP #1 | DO NOT SCRUB THE STAIN!

Scrubbing will help pull some of the red wine out but actually negatively impacts the stain as it causes it to spread outward even more. And, if you're applying too much pressure, you're actually pushing more red wine down into the fabric. This is especially true if you're dealing with a red wine stain on the couch or on the carpet.

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## TIP #2 | DON'T WAIT TOO LONG

While it's tedious to deal with a red wine stain immediately, we wouldn't recommend waiting until the next day to take care of it. Red wine will sink and settle into those fibers the longer they're there. Eventually, they'll "set" and become more difficult to remove. Not forgetting, of course, that red wine is basically a dye waiting to happen.

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## TIP #3 | DO NOT APPLY HEAT

The last thing you want is for the stain to dry, but even worse is if the stain dries when hot air is applied. Heat will actually change the chemical process the stain undergoes when it dries. If you apply heat, you can expect a permanent or nearly permanent stain. So, put the hair dryer down and for goodness' sake, don't put any stained clothes in the dryer before you apply any pre-wash cleaning methods.



# PLAYLIST

## **TOXIC**

Britney Spears

## **FEEL**

Bombay Bicycle Club

## **DANCING ON MY OWN TIESTO REMIX**

Calum Scott, Tiesto

## **TANGLED UP IN BLUE**

Boby Dylan

## **FUCKED ME RIGHT UP**

Sean Hayes

## **BAD MOON RISING**

Creedence Clearwater Revival

## **WE MUST BE KILLERS**

Mikky Ekko

## **I'M ON FIRE**

Bruce Springsteen

## **HIDEAWAY**

Kiesza

## **HENNA HENNA**

The Bombay Royale

## **NO REST FOR THE WICKED**

Lykke Li

## **EVERYBODY TALKS**

Neon Trees

## **UNDER PRESSURE**

Queen, David Bowie

## **KISS AND NOT TELL**

La Roux

## **COMMON PEOPLE**

Pulp

## **EL VIENTO**

Manu Chao

## **HOT KNIFE**

Fiona Apple

## **WHITE WINTER HIMAL**

Birdy

## **NOTHING'S GONNA HURT YOU BABY**

Cigarettes After Sex

## **I TURN MY CAMERA ON**

Spoon

## **RAAT RAAZI**

Prateek Kuhad

## **BE OK**

Ingrid Michaelson

