



## The Second Cup (The Butterfly Effect, #1)

*Sarah Marie Graye*

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# **The Second Cup (The Butterfly Effect, #1)**

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## **The Second Cup (The Butterfly Effect, #1) Sarah Marie Graye**

Would your life unravel if someone you knew committed suicide?

Theirs did.

Faye knows her heart still belongs to her first love, Jack. She also knows he might have moved on, but when she decides to track him down, nothing prepares her for the news that he's taken his own life.

Faye is left wondering how to move forward - and whether or not Jack's best friend Ethan will let her down again.

And the news of Jack's death ripples through the lives of her friends too. Abbie finds herself questioning her marriage, and wondering if she was right to leave her first love behind.

Poor Olivia is juggling her job and her boyfriend with supporting her friends and trying to deal with a death of her own. And Jack's death has hit Beth the hardest, even though she never knew him.

Is Beth about to take her own life too?

The Second Cup is an intense novel, where four friends share the story of what happens after Jack's suicide. Third-person flashbacks are skillfully interwoven in amongst their voices to add a real richness and depth to this heart-wrenching story.

## **The Second Cup (The Butterfly Effect, #1) Details**

Date : Published February 12th 2018 by the dissociated voice (first published July 2017)

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Author : Sarah Marie Graye

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## **From Reader Review The Second Cup (The Butterfly Effect, #1) for online ebook**

### **N.N. Light says**

What happens to a group of university friends (or mates as the Brits say) when one of their own commits suicide? No one has heard from Jack in ages and at the same time that Faye decides to see what he's up to, she gets the news that he killed himself. Crushed beyond belief, she goes to meet her three girlfriends at the pub. Faye, Beth, Abbie and Olivia all deal with the news in their own way and separate from the others.

Faye goes on a trip to find Ethan, Jack's best friend, and her friend as well. Abbie questions her life choices, her husband and deals with a mini-crisis of her own. Olivia is wracked with grief and wonders what will happen next. Beth, it seems, is hit the hardest. She just wants to escape the pain so she takes a pill and winds up in the hospital. Each woman has to come to grips with what happened to Jack and either embrace life or walk away.

The Second Cup is an emotive portrait into depression, suicide and the utter despair loved ones feel after someone commits suicide. Six friends, each dealing with their own circumstances at a crossroad, trying to figure out which way to go. Four choose life, one death and one is undecided. A clear message of clinging to what's important underlies the grief and sadness of losing someone.

There are five POV's which was confusing at the beginning but I understood why Graye choose multiple views. It brings us right in and as the reader, it's what's needed to connect with the five friends. The last chapter is Jack's and while I'm still a little confused about why it's in the book, it sheds some light on what led to Jack's suicide.

Brilliantly written, Graye takes an intense situation and instead of shying away from it, she strips away the bandage so we can see the raw, oozing wound. Depression is in every corner of the world and suicide rates are rising. This book sheds light on why we need to help those suffering from it in any way we can.

### **Favorite Character/Quote:**

“There also seemed to be a calmness between her and the others that hadn't been there before. Life was like one of Matt's games and she'd made it to the next level: to adulthood.”

My Rating: 4 stars

This review first appeared: <https://princessofthelight.wordpress....>

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### **Yvonne says**

From the synopsis we are told this book is about a suicide, the devastation it causes to those left behind. How a group of friends have lived their lives before and since the event. But for me it is more than the suicide, and please don't for a moment think I am playing that down and being disrespectful when I say this. The suicide is part of the story, but I feel the story is more than that.

The story is told from five viewpoints, they each explain their lives from childhood, to University and beyond. They all seem to have something that is missing from their lives, it is like a void. They are fragile but they have strength, support and the bond of friendship that keep them moving forward. Sarah has explored this aspect very well and the message I seem to be seeing is, if people really expressed their thoughts and feelings to those concerned it could make a difference. Sometimes you cannot see what you have got in life to be thankful for, sometimes it is staring you in the face, other times it has always been there and you have never noticed until it is no longer there.

This story did take me a while to get into, but once I had met the five characters and understood their role within the group it was all good. It was an intruding and quite deep and dark at times and Sarah has done a great job of giving each several different traits that make them recognisable as you read. In having many POV's you are given a much fuller picture of the story as well as their thoughts and feeling to each other. I have a feeling this is a book that different readers will take different things from, I think there are elements from characters that some readers will identify with. I will mention that there are mentions in this of unhappy childhoods, depression and then also the suicide. This may be a trigger for some readers, but for me I thought Sarah handled them well. If you read Sarah's bio you will see she has experience of depression and I think this is what makes this story a believable one.

This is one I would definitely recommend to readers of Literary Fiction, Women's Fiction, who like a slower paced, multi character lead read, that is well written and an emotionally deep and well thought out book.

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### **Abbie says**

Review to follow in January as part of the blog tour.

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### **Sherri Thacker says**

I just am not connecting with this book at all. I DNF at 20% and this is my SECOND attempt at this book. It's a big disappointment to me. This book was given to me free of charge by The Dissociated Voice and NetGalley in return for an honest review.

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### **Susan Corcoran says**

I would like to thank Sarah Graye and blog tour organiser Rachel Gilbey for the ARC of The Second Cup in

return for an honest review.

The Second Cup is not an easy read at times, dealing with difficult issues such as depression, suicide and grief. It focus on the lives of a group of friends who have all reached a turning point and face choices that will affect the path they take and the friendship they share. But it is a worthwhile read and an enjoyable one at that. Though enjoying a book which focuses on such issues seems the wrong thing to say, maybe it should be more that it is rewarding and enlightening for the reader.

Despite the difficult themes, it is a book written with a deep understanding of the problems faced by all the characters and gives us all hope that with support and a willingness to accept help, life doesn't need to be hopeless or futile.

The characters are all well rounded and highly likeable. Their flaws are understandable and help us to see the world from their point of view. The writer makes you care about the characters within the story and avoids the clichéd way some novels dismiss subjects like depression, while remaining open and heartfelt.

The only thing that troubled me was the number of threads within the story. It's not that it is difficult to follow; Sarah Grayle skilfully guides you through the interactions between the group of friends. I just felt personally that it would have been an even better story, if the narrative was tighter and there was more focus one or two characters, rather than four.

But this is a very personal reaction and not an indication of the quality of the story and the reward gained from reading it. It is an ensured début and I would certainly look forward to following the writer's career and future books.

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### **Susan Hampson says**

This has been more than a story for me having been in the same shoes as Faye. Well that was for me to have almost lost a loved one but for some there is a second chance. I don't think that suicide is a choice. I think suicide is the only thing left when there is nothing else to choose.

When I read what this book was about I must admit to have been hesitant but within only a few pages of starting it I just knew that the way it was written was not from someone who had simply done research, it was too recognisable and it became a release of an emotional flood gate that I could actually grab hold of. When Faye decides to look up her first love from university days she wasn't expecting to hear that he had died, well committed suicide in fact. She was devastated finding solace in her group of close friends. The story centres round how the news of Jack's death affects them all in the dynamics of the group. The story spins off to each of the characters lives from childhood, with each of them facing their own demons and heart aches as they grew up and found each other.

The story has been written with such a great understanding of how suicide not only affects the people who are closest but much further as it is written from so many outside views.

I found that the chapters through the eyes of Jack very emotional but so very well done. It's the things in life that we don't share with loved ones that hurt the most. A hard book to read at times hitting close to home but beautifully written too.

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### **Juliet Bookliterati says**

The Second Cup is a book about the power of friendship and taking charge of your life, and taking the chance to be happy. The book is narrated by the four female characters. Faye, is an artist who hasn't moved on from her first love from University, Jack. She is confident, and likes to be the centre of attention in the group friends. Olivia is the opposite to Faye, she is quiet, insecure and avoids any kind of confrontation, she

finds it hard to trust and likes to stay in the background. Abbie is on her second marriage and has a good job, but she also has insecurities, mainly about her first marriage. Finally Beth, she is the glue that binds these friends together, the one that befriended each of them at difficult points in their life, when they were vulnerable, and brought them together. Beth hasn't had an easy life, she felt she didn't fit in with her family so her friends are her family, although they don't know about her dreams and mental health problems.

At the centre of this book is the death of Faye's first love Jack. It is a catalyst in all their lives, a chance for them all to reconsider where they are and what really matters; a second chance and what the means to them. The reference in the title *The Second Cup* refers to drinking a from a pot of tea and savouring that second cup; throughout the book there are tea facts that are really interesting. In times of crisis the British always turn to a cup of tea and Sarah Marie Graye uses that at times of reflection and change. The title could also refer to second chances; a chance for each of the characters to reassess their lives, and start over and take a second chance with their lives, have the courage to make the change and be happy.

I found all the characters interesting and realistic; we all know friends or acquaintances like them. The only time we see all four together is their regular Friday evening meet up at the pub, their natural interaction means you feel you know them, that they could be a group you would find in your local pub.

Sarah Marie Graye is a very descriptive writer in terms of feelings and characters, as well as place. I noted her use of insect metaphors and similes in the book; references to a tingling of the skin feeling like ants, a pier being like a centipede. The only thing I wasn't so keen on was the swap between the third person narrative and first person narrative in the chapters. I found this disjointed my reading experience as I had to check back to make sure I knew where I was with this. Some very difficult issues are raised in this book; suicide, bullying, miscarriage and divorce and dealt with in care and understanding, obviously well researched.

*The Second Cup* is an engaging novel, with characters you will recognise and care about. A wonderful heartwarming read, despite of the difficult topics raised, a book that will stay with you after you finish the last page.

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## **Tan Markovic says**

I'm participating in the blog tour for this book today!  
Reviews can be found at [www.booknerdtan.wordpress.com](http://www.booknerdtan.wordpress.com)

3/5 stars!

Overall I enjoyed this read; it was quick and easy to fly through once you got started and kept my attention throughout as the topic was very engaging and the author dealt with the issues in a raw and compassionate way. The characters individual stories are unfolded in POV chapters and it really delves into their individual struggles when it comes to mental health, growing up and relationships.

I always love reading a book where you can see that the author has put a lot of themselves in their story and this was abundantly clear in this novel; having suffered with anxiety/depression quite badly recently, this definitely struck a cord with me and you could tell it was authentic.

I loved the ending of the book, I thought it was the perfect way to round off the story.

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## **Magdalena says**

The Second Cup is an emotional and engaging read. It's written from multiple points of view. We get to know our characters through different snippets of their past and present masterfully interwoven in the story. It's not a fast read. It's a book you need to take your time reading to fully appreciate its emotional depth and how well thought out it is.

Each of the characters carries some sort of emotional baggage, things that scarred them and made them into the people they are now. Suicide, broken relationships, depression, Sarah Marie Graye tackles those subjects with great sensitivity and understanding.

Beautiful book beautifully written, one that I'll definitely read again.

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## **N.N. Light says**

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Favorite Character/Quote:

“There also seemed to be a calmness between her and the others that hadn’t been there before. Life was like one of Matt’s games and she’d made it to the next level: to adulthood.”

My Rating: 4.5 stars

This review first appeared: <https://www.nnlightsbookheaven.com/si...>

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## Yesha says

\*\*\* Note: I received the review copy of the book as a part of blog tour, in exchange for an honest review. Many thanks to author and Rachel’s Random Resources. \*\*\*

The Second Cup is character driven women and literary fiction telling about friendship, loss, suicide, depression, emotions, and life experiences and mental conditions of characters. Story was set in Manchester, narrated by four main characters – Faye, Abbie, Beth and Olivia- revolving around their friendship, their past life stories, and what was going on in their life.

Characters-

Abbie– had a good job and good money but her married life was not working that well. Her second marriage was on the edge of breaking and she had drinking problem. Her childhood was not so much shiny. Initially I felt she was selfish and has habit of running away if something happened, but as story progressed I got to know more about her and later I found myself liking her. I haven’t expected her to change initially but she did. Her development was great in the book.

Beth– was the connection and gravity in their friendship. She was adventurous but her sad nightmarish childhood had buried her strength to go after daredevil adventures, however it couldn’t bury the fire and so she had a habit of playing dares with herself to keep fire burning inside her. She was solid outside but inside her unfair childhood experience and biased parents were eating her. I liked her from the very beginning, but what happened to her on hearing Jack’s death was unexpected. Her character was little complex in the story but I could feel her pain and I liked her even more by the end of the book.

Olivia– She was one sane and genuine among all four. She was kind-hearted, sweet and soft but she lacked self confidence and felt guilty for everything. She was into an insane relationship that made me angry, I felt like yelling at her for staying with such mucky person who was drowning her emotionally and mentally. I liked her ability to understand her friends and supporting them when needed. Development in her was slow but definitely amazing.

Faye– here is my least favorite character. This lady had so much potential in her but it was sad to see that she wasted it all over a boy not just one but two. And they both were well I don’t want to spoil it for you guys so let’s just say she deserved a life better than those two could ever give her.

All men in the story were so full of themselves. Okay, except Paul who was much better than all other. Matt was most disappointing. I felt for Olivia and I couldn't understand initially why she was staying with him. Beth was right about him from the very start and also about her guilt stories.

What I liked-

Writing was really nice, it was different and new. Author drawn me slowly but steadily into the characters and it was hard to come out of their life once I was in. It took me four narration by each characters (a one round) to get into the book. On second round I got better idea what was going on. So I suggest take it slow.

I liked that part about how they met each other, they were not in same school, university or job and still they met and became buddies. I loved voices of characters especially voice of Abbie and Olivia was amazing and entertaining. They draw me into them slowly and made me curious to knowing more about them. I liked reading their back stories, the problems in their life and how they were trying to understand each other, the situations they were into, and more importantly themselves- what they wanted in life and trying to come out better than what they experienced in the past.

Oh and the city, trains, stations, streets, cafes, pub, all the description of the places were so vivid, it was like I was roaming the city I haven't visited before. I also liked the tea chapters, telling about various types of teas and what they said about characters, connected to their nature and mood.

All four characters were fragile and weak inside no matter how much they tried to show stronger outside, they were even feeling insecure in their little circle, afraid of losing their friendship. They all put forward their pain and sadness they experienced in childhood and life in a way that it was hard not to feel them. I came out of the book like I was part of their friendship.

I think the story was not just about death of Jack, depression of Faye, mental struggle of Beth, unsuccessful marriage of Abbie, or unhealthy relationship of Olivia, it was more than all of these. It was about their fight in life, what they have gone through, and growing up and developing as a person, coming out of fragile state and becoming stronger mentally and emotionally, finding that one thing that makes life worth living.

End was really good and I'm with all the changes in their life.

why not 5 stars-

Well, Faye and her actions were little hard to comprehend. Her whiny nature was not the only reason I didn't like her, her selfishness and ignorance toward Beth was the main thing. I understood she felt bad that boys left her abruptly without giving reason, why she needed to find them and all, but I couldn't understand her not looking back to her friends who supported her when she needed. I also didn't like her voice in the book.

Overall, it was more than what I thought it was about. It was steady paced, emotional, thought-provoking, touching women fiction that everyone would like to read.

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**booksofallkinds says**

THE SECOND CUP by Sarah Marie Gray is an emotional, thought-provoking debut novel that centres around the sensitive topic of suicide and depression.

Faye has never completely forgotten about her University sweetheart Jack and has decided too much time

has passed since they were last in contact. But when she tracks him down she is heartbroken and shocked to learn that Jack has killed himself. Discussing it with her other old friends leads each of the other characters on their own journeys as they try to comprehend what has happened - Abbie begins to question her marriage, Faye is determined to find Jack's best friend Ethan, Olivia doesn't know what to think anymore, and Beth takes Jack's death the hardest of all.

This novel is raw and tough to read at times as every character's emotions come to the surface and you cannot help but feel their pain and despair. The story is told from different character's points of view, which although a little confusing at the beginning, soon flowed really well and let you get to know everyone on a much deeper level.

THE SECOND CUP by Sarah Marie Gray delves into what it is like for those that are left behind when someone takes their own life and in my opinion handles it deftly and carefully, and this is a story that will make you feel and value those you love more than anything else. This novel is a solid and powerful debut and I will certainly read more from Sarah Marie Gray.

\*I voluntarily reviewed this book from the blog tour organiser.

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### **Robyn says**

The Second Cup is a roller coaster of emotions that centers around suicide and how it affects four friends each having personal issues of their own.

The story is told in first and third person which took me a little while to get used to, but once I became accustomed to Sarah Marie Graye's style of writing, I can see why the different styles were necessary to the central line of the story. I was able to get more of an indepth look into each of the four friends. Faye is an artist who never really got over her first love, Jack. Often times she would see him in other people, only to be disappointed when they really were not Jack. Jack walked away from her seven years ago and she has not seen him since. Beth wants to live recklessly, but she is not reckless by nature. She buys a motorbike, but realizes that perhaps it may be too dangerous and decides to give it up. Olivia feels like the outsider of the group, and Abbie settles for a man and a marriage that she never really wanted. What happens between all four friends when Faye breaks the news that she finally found Jack, but he committed suicide and why does Beth take this news the hardest?

I will admit that I found The Second Cup very hard to start with for the first fifty pages or so, but after that the story really opened up to me and I felt myself finally connecting with each of the women and being able to sympathize and relate to some of the issues they were facing as a group and individually. Mental health is just one of those topics that no one ever wants to talk about and sarah Marie Graye does it in such a way that is realistic and told from the heart. Depression, unhappy marriage, and suicide are just some of the topics that are touched upon in the story and we can see that the author takes such great care in expressing how these issues affect not only these women, but many other people as well. We really get to see how Jack's suicide impacted each of these women individually and I found myself sympathizing with each of them. I especially loved the interviews at the end and it was really a nice added touch to see what happened for each of the characters once the story ended.

The Second Cup is Sarah Marie Graye's debut novel. It is beautifully told with real life issues and real life pain. I am so glad I had the chance to read it as the story really takes on some heavy hitting subject matter

that will suck you right in and pull every emotion out of you. I found myself really caring for these women and I know you will too.

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### **Tasha and Megan Mahoney says**

This book is an impressively well written debut novel by Sarah Marie Graye about suicide and the effect it has on those left behind.

It is written from four points of view and examines the lives and the impact that Jack's suicide has on them, their decisions and their actions. The characters are well developed, likeable and the story draws you into the feelings and issues surrounding them.

Suicide, depression and mental health are difficult, issues to address and Sarah does it really well. This story is incredibly thought provoking and emotional. It is not a light fluffy read- there is nothing light and fluffy about dealing with suicide and the feelings it evokes, but this book is worth the emotions that are stirred .

Mental health does not just affect the person with the mental illness, it's like a ripple in water or as the cover suggests, a butterfly effect.

I was given an arc of this book by the Publisher and NetGalley in exchange for an honest review

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### **Whispering Stories says**

Book Reviewed by Stacey on [www.whisperingstories.com](http://www.whisperingstories.com)

The Second Cup is a heart-wrenching tale of the devastation that depression can cause, not only for the sufferer, but for those around them too, starting with the suicide of Jack. Throughout the book you get to witness first hand the domino effect that his death had on his friends, Faye, Abbie and Olivia as we get to read about how their life changed after his death.

I'm not normally a lover of multiple POV's, in fact, I try to stay away from them as much as possible. I'll be perfectly honest had I realised at the time that this book was told through multiple voices I most likely wouldn't of read it, meaning I would of missed out on a brilliant piece of literature.

The story is emotional, and I can quite honestly say you might need a tissue with you when reading, as the tears can stream at a moments notice. Some of the scenes made me feel like I had been punched in the stomach, the writing is that raw.

Every time I tried to put it down I was drawn back to the book, it had most definitely hooked me. It's not an easy read by any means. It is a difficult subject to write about, but Ms. Graye is obviously very knowledgeable on the subject matter and has created this beautiful story set in the world of mental health and depression with care and compassion.

I love how the author ends the story with the final chapter told from Jack's POV, giving you a chance to witness his final moments.

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