

“For weeks now she has had this feeling, the feeling of moving around inside a protective film, floating like mercury. The outside world touches against her outside skin, but not the other part of herself, inside.”
(p. 189)

“At times a person will make eye contact with Marianne, a bus conductor or someone looking for change, and she’ll be shocked briefly into the realization that this is in fact her life, that she is actually visible to other people. This feeling opens her to certain longings (...) But these fade away again quickly.” (p. 191)

“Things happened to him, like the crying fits, the panic attacks, but they seemed to descend on him from outside, rather than emanating from somewhere inside himself. Internally he felt nothing. (...) Somehow he was expressing more emotion than at any time in his life before, while simultaneously feeling less, feeling nothing.” (p. 214)

“Last night he fantasised about lying completely still until he died of dehydration, however long that took. Days maybe, but relaxing days in which he wouldn’t have to do anything or focus very hard. Who would find his body? He didn’t care.” (p. 203)

“She experiences a depression so deep it is tranquillising, she eats whatever he tells her to eat, she experiences no more ownership over her own body than if it were a piece of litter.” (pp. 190-191)

“But it was hard to dismiss something she had admittedly been hearing all her life from various sources: that she was mentally unwell and needed help.” (p. 193)

“In the following days, people from school posted status updates about suicide awareness. Since then Connell’s mental state has steadily, week after week, continued to deteriorate. His anxiety, which was previously chronic and low-level, serving as a kind of all-purpose inhibiting impulse, has become severe.” (p. 206)

“Eating alone like this, overhearing the conversations of others but unable to join in, Connell feels profoundly and almost unendurably alienated from his own body.” (p. 204)