APPENDIX I

SYNOPSIS SEA OF TRANQUILITY

Sea of Tranquility is a novel that travels across five centuries and follows several different characters who are all connected by one mysterious event: a sudden flash of darkness, the sound of a violin, and the strange feeling of being somewhere else, all for just a moment.

The story begins in 1912, when a young English nobleman named Edwin St. Andrew is sent to Canada by his family after he says some uncomfortable truths at a dinner party. He travels across the country and eventually arrives in a small village called Caiette in British Columbia. One morning, while walking alone in the forest, he experiences something he cannot explain. Everything goes dark, he hears a few notes of violin music, and then it is over. He is deeply disturbed, but no one believes him.

The next story takes place in New York City in 2020. A woman named Mirella attends an art show and learns that her old friend Vincent has died at sea. After the show, she meets a mysterious man called Gaspery Roberts, who asks questions about a video that Vincent filmed in a forest when she was a teenager. That video contains the same strange moment of darkness and violin music. Mirella also recognises Gaspery from a terrible incident she witnessed as a child, but he does not appear to have aged at all, which frightens her.

Then the story moves to 2203, where a successful novelist named Olive Llewellyn lives in a human colony on the Moon. She is on a book tour on Earth when Gaspery approaches her with an urgent warning: a deadly pandemic is coming, and she must return home immediately. Olive is shocked, but she chooses to trust him, and this decision saves her life. What is even more surprising is that her own novel, called *Marienbad*, contains a passage that describes a character having the exact same strange experience in an airship terminal two centuries later.

The heart of the novel belongs to Gaspery Roberts himself. He is a quiet and somewhat aimless man who works as a security guard at a hotel on the Moon. His sister Zoey is a brilliant physicist at the Time Institute, a secret organisation that uses time travel to protect the stability of history. One evening, Zoey shows Gaspery something alarming: the same mysterious moment appears in historical records from four completely different time periods. She believes these are signs that time itself is being corrupted, like a broken computer file. Gaspery volunteers to travel back in time to investigate, visiting each of the people who experienced the anomaly. But when he

breaks the most important rule and warns Olive about the pandemic, saving her life, he faces serious punishment. The Time Institute sends him back to the 1990s, where he is framed for a crime and imprisoned.

After many years in prison, Zoey secretly rescues him and brings him to a farm in Oklahoma in the year 2172. There he meets a woman named Talia, who was also displaced from her own time. They fall in love, marry, and build a quiet life together. Eventually, in his old age, Gaspery moves to Oklahoma City and begins playing violin in the city's airship terminal.

In the final and most surprising moment of the novel, Gaspery realises that he himself caused the anomaly all along. Because he existed in the same forest location at Caiette across three different time periods at once, the world struggled to process the impossibility. The corrupted files were his own footprints in history. The novel ends with old Gaspery playing violin in the terminal, being interviewed by his own younger self, and keeping this secret completely to himself.

APPENDIX II

BIOGRAPHY OF THE AUTHOR

Emily St. John Mandel was born in 1979 and grew up on a small island in British Columbia, Canada. As a young woman, she moved to Toronto to study contemporary dance at the School of Toronto Dance Theatre. After finishing her studies, she relocated to New York City, where she has lived ever since with her husband and daughter. She began writing fiction while working various jobs to support herself in New York. Her debut novel, *Last Night in Montreal*, was published in 2009, followed by *The Singer's Gun* in 2010 and *The Lola Quartet* in 2012. These early books established her as a talented writer, but it was her fourth novel that made her internationally famous.

Station Eleven, published in 2014, tells the story of a deadly flu pandemic that destroys modern civilisation and follows several characters as they try to rebuild their lives and preserve culture. The novel won the Arthur C. Clarke Award and the Toronto Book Award, and was also a finalist for the National Book Award. It was later adapted into a critically acclaimed TV series. Many readers found the book especially powerful after the COVID-19 pandemic began in 2020, even though Mandel had written it years before and the experience it described felt surprisingly familiar. Her fifth novel, *The Glass Hotel*, was published in 2020. It tells the story of a massive financial fraud and the many lives it ruins. This book shares a character named Vincent Smith with *Sea of Tranquility*, creating a quiet connection between the two stories.

Sea of Tranquility, published in 2022, is her sixth novel. It brings together many of the themes she has explored throughout her career: the power of art, the fragility of society, the experience of living through a pandemic, and the question of what makes a life feel meaningful. The novel also reflects on what it was like to be a writer during the COVID-19 pandemic, since one of its main characters, Olive Llewellyn, is a novelist on a book tour as a pandemic begins.

Emily St. John Mandel is known for writing novels that are both literary and very readable. She often uses elements from other genres such as science fiction, mystery, or thriller, but always keeps her focus on human emotion, relationships, and moral choices. Her work is widely admired for being thoughtful and hopeful, even when it deals with loss, disaster, or uncertainty.

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APPENDIX III

TABLE OF DATA CLASSIFICATION

No	Quotation	Category	Subcategory	Page
1	"I started work at the hotel about a month after my mother died. She'd been sick for a long time, years, and at the end Zoey and I all but lived at the hospital. That last week we were there every day and every night, exhausted comrades keeping watch, while our mother murmured and slept."	Causes of Anxiety	Loss of the Object (Mother)	89
2	"I tried not to think about my mother too much. I slept through the days."	Causes of Anxiety	Loss of the Object (Mother)	94
3	"Remember how Mom used to quote Marienbad at us when we were kids? ... I was transported back to the hospital, the last days of our mother, the week outside of time and space when we never left her side."	Causes of Anxiety	Loss of the Object (Mother)	133

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4	"holding hands and laughing with my mother on a sunlit day in the Night City when I was a small child."	Causes of Anxiety	Loss of the Object (Mother)	187
5	"that was how I knew my ex-wife had fallen in love with someone else, just by being attentive."	Causes of Anxiety	Loss of the Object (Marriage)	91
6	"Bad divorce, I just wanted a fresh start."	Causes of Anxiety	Loss of the Object (Marriage)	118
7	"I felt a familiar variety of guilt... I couldn't entirely parse why this made me feel so awful. There's a low-level, specific pain in having to accept that putting up with you requires a certain generosity of spirit in your loved ones."	Causes of Anxiety	Loss of the Object (Sister Zoey)	94
8	"He felt a fathomless guilt."	Causes of Anxiety	Loss of the Object (Sister Zoey)	158

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9	"What I didn't tell him: I felt that without Talia I might disappear into thin air, out there by myself. Just me and the dog and the farm robots, day after day. Loneliness wasn't a strong enough word for it. All that empty space. At night I sat on the porch with my dog, avoiding the silent house."	Causes of Anxiety	Loss of the Object (Talia)	203
10	"Quietly in the night of an aneurysm when she was seventy-five."	Causes of Anxiety	Loss of the Object (Talia)	197
11	"The job was terminally boring... I've always enjoyed watching other people, but people in hotels turned out to be surprisingly boring. They checked in and checked out. They appeared in the lobby at odd hours, asking for coffee... The job was quiet. My mind wandered."	Causes of Anxiety	Helplessness (Empty Life)	93

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12	"Sometimes on dark nights I liked to cross the street to the Periphery, to look through the composite glass at Colony Two glittering in the distance. My life in those days was as bland and limited as my apartment."	Causes of Anxiety	Helplessness (Empty Life)	93
13	"I put down my device. I was unsettled in a way I couldn't explain."	Causes of Anxiety	Danger-Situation (Anomaly Footage)	99
14	"'But if moments are files…' I couldn't finish the sentence. The room we were in seemed much less real than it had only a moment ago. The desk is real, I told myself. The wilted flowers on the desk are real. The blue paint on the walls. Zoey's hair. My hands. The carpet."	Causes of Anxiety	Danger-Situation (Anomaly Footage)	103
15	"something vast and terrible, swimming just outside of my grasp."	Causes of Anxiety	Danger-Situation (Anomaly Footage)	102

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16	"I knew that one hundred forty-one of the two hundred and five people serving life sentences on the moon were there because they'd attempted time travel. It didn't matter if they'd been successful or not; the attempt was enough to send you away for life."	Causes of Anxiety	Danger-Situation (Time Institute Threat)	105
17	"I was overcome by the strangeness of the moment, the disorienting sense of one reality slipping away and being replaced by another. But I've known you for years, I wanted to say, and you're an arborist, not a suit at the Time Institute. We graduated high school together."	Causes of Anxiety	Danger-Situation (Reality Slipping)	113
18	"Listening to her made me so uneasy that I couldn't meet her eyes."	Causes of Anxiety	Danger-Situation (Talia's Warning)	119

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19	"You don't have to be a terrible person to intentionally try to change the time line. You just have to have a moment of weakness. Really just a moment. When I say weakness, I might mean something more like humanity."	Causes of Anxiety	Danger-Situation (Zoey's Warning)	132
20	"It was hard to parse whether this was the fault of the books or the fault of the dread I felt when I thought of her, given the timing of the scheduled interview... 'I know.' I felt a little sick about it."	Causes of Anxiety	Super-Ego Conflict (Knowing Olive's Death)	133
21	"But of course the thought of breaking the protocol occurred to me, then and in the morning two days later when I reported to the travel chamber, when the coordinates were entered into my device, when I stepped into the machine to meet her."	Causes of Anxiety	Super-Ego Conflict (Thought of Breaking Protocol)	133

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22	"These people have no direct experience of pandemics."	Causes of Anxiety	Danger-Situation (Knowing Futures at 2007)	165
23	"Here was the awfulness that Zoey had warned him of, the utterly miserable knowledge of how everyone else's stories would end. He looked out over the room, and for the first time in his life, Gaspery felt old."	Causes of Anxiety	Danger-Situation (Knowing Futures at 2007)	167
24	"Walking through this forest was easier now than when he'd been wearing a priest's robe, but he still had no talent for it. The ground was too soft; branches caught at his clothes; he felt assailed from all sides… There was no pattern to the white noise of a forest, and the randomness put Gaspery on edge. Time passed, hours. His muscles	Causes of Anxiety	Traumatic Situation (Forest Investigation)	161

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	cramped. He was desperately thirsty."			
25	"Vincent Smith at thirteen: she looked like she'd cut her own hair with blunt scissors before she'd dyed it bright blue. Her eyes were ringed in black. She radiated neglect."	Causes of Anxiety	Traumatic Situation (Forest Investigation)	161
26	"Gaspery's hands were clasped over his mouth, because he wanted to scream, and the terminal was gone. It's one thing to know in the abstract that one moment might corrupt another moment; it's another to experience both moments at once; it's something else again to suspect what it might mean."	Causes of Anxiety	Traumatic Situation (Experiencing the Anomaly)	161
27	"He knew what he'd done, he knew he'd broken the most important rule by saving Olive Llewellyn, but he retained a sliver of hope	Causes of Anxiety	Super-Ego Conflict (Aftermath of Breaking Protocol)	162

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	that the message might save him."			
28	"What had happened now was terrible, he was in prison in the wrong century and he was going to die here, but as months slipped into years, he found his regrets were very few."	Causes of Anxiety	Traumatic Situation (Imprisonment)	181
29	"I couldn't see the moon from my bed, so there was nothing for it now but to close my eyes and play old movies: walking to school in the Night City... holding hands and laughing with my mother on a sunlit day."	Causes of Anxiety	Traumatic Situation (Imprisonment)	187
30	"I didn't leave the farm at all those first few years, but I feared that eventually I'd have to… I imagined surveillance cameras picking up my face and setting off alarms through the centuries, a Time Institute agent arriving	Causes of Anxiety	Danger-Situation (Fear of Detection)	186

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	to investigate, a cascade of horrors."			
31	"My life in those days was as bland and limited as my apartment."	Effects of Anxiety	Effect on Feeling (Emotional Numbness)	94
32	"I felt such impatience with my life. I turned back to the hotel, and found that I couldn't go in. The hotel was the past. I wanted the future."	Effects of Anxiety	Effect on Feeling (Sudden Impatience)	120
33	"He felt a fathomless guilt."	Effects of Anxiety	Effect on Feeling (Guilt Toward Sister)	158
34	"For the first time in his life, Gaspery felt old."	Effects of Anxiety	Effect on Feeling (Feeling Old)	168
35	"He was calm these days, in a way he wouldn't have expected."	Effects of Anxiety	Effect on Feeling (Unexpected Calm)	183
36	"I longed for those lights. After all this	Effects of Anxiety	Effect on Feeling	198

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	time, I wanted to be around people again."		(Longing for Connection)	
37	"The desk is real, I told myself. The wilted flowers on the desk are real. The blue paint on the walls. Zoey's hair. My hands. The carpet."	Effects of Anxiety	Effect on Thinking (Reality Destabilised)	103
38	"I found myself thinking of all of the things around me that might not be real."	Effects of Anxiety	Effect on Thinking (Doubting Reality)	106
39	"The thought of breaking the protocol occurred to me, then and in the morning two days later when I reported to the travel chamber, when the coordinates were entered into my device, when I stepped into the machine to meet her."	Effects of Anxiety	Effect on Thinking (Recurring Moral Question)	133
40	"His conscience was clear."	Effects of Anxiety	Effect on Thinking (Hard-Earned Clarity)	182

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41	"This is what the Time Institute never understood: if definitive proof emerges that we're living in a simulation, the correct response to that news will be So what. A life lived in a simulation is still a life."	Effects of Anxiety	Effect on Thinking (Philosophical Acceptance)	195
42	"I've been thinking a great deal about time and motion lately, about being a still point in the ceaseless rush."	Effects of Anxiety	Effect on Thinking (Still Point Reflection)	204
43	"'Could I start early?' I asked. 'I know the plan was to give the hotel two weeks' notice, but could I just start the training now? Tonight?'"	Effects of Anxiety	Effect on Action (Sudden Decision to Train)	120
44	"He knew what he'd done, he knew he'd broken the most important rule by saving Olive Llewellyn, but he retained a sliver of hope that the message might save him."	Effects of Anxiety	Effect on Action (Breaking the Protocol)	163

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45	"I thought perhaps it might ease your mind just a little to know that you might be saner than you think."	Effects of Anxiety	Effect on Action (Compassionate Disclosure to Edwin)	175
46	"We were married within a year, Talia and I, and when Clara and Mariam died, they left the farm to us."	Effects of Anxiety	Effect on Action (Marriage to Talia)	195
47	"I longed for those lights. After all this time, I wanted to be around people again. 'I'll take you with me,' I told Odie, who wagged his tail."	Effects of Anxiety	Effect on Action (Moving to Oklahoma City)	198
48	"I kept playing, sweating now, holding on for dear life to my lullaby for Talia."	Effects of Anxiety	Effect on Action (Playing Violin Through Anomaly)	199
49	"I tried not to think about my mother too much. I slept through the days."	Ways of Coping	Avoidance (Sleeping Through Days)	94
50	"A bland little apartment in a block of other bland	Ways of Coping	Avoidance (Withdrawal to	93

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	little apartments on the far edge of Colony One."		Bland Apartment)	
51	"Bad divorce, I just wanted a fresh start."	Ways of Coping	Avoidance (Moving to Escape Past)	118
52	"He closed his eyes and considered the course of the investigation, because that was preferable to thinking about his sister, or thinking of what awaited him if he returned to his own time."	Ways of Coping	Avoidance (Retreating into Investigation)	158
53	"I didn't leave the farm at all those first few years, but I feared that eventually I'd have to."	Ways of Coping	Avoidance (Staying Confined on Farm)	191
54	"The desk is real, I told myself. The wilted flowers on the desk are real. The blue paint on the walls. Zoey's hair. My hands. The carpet."	Ways of Coping	Reasoning (Listing Real Objects)	103

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55	"These people have no direct experience of pandemics, he reminded himself. None of them were old enough to remember the winter of 1918–1919; Ebola was a few years out and would mostly be confined to the other side of the Atlantic; Covid-19 would not arrive for another thirteen years."	Ways of Coping	Reasoning (Historical Context Reminder)	166
56	"He closed his eyes, sank his hands into the mud, and tried to convince himself that the cold water seeping through the knees of his pants was real."	Ways of Coping	Reasoning (Grounding in Physical Sensation)	162
57	"Follow the evidence."	Ways of Coping	Reasoning (Professional Mantra)	157
58	"'Could I start early?' I asked. 'I know the plan was to give the hotel two weeks' notice, but could I just start the training now? Tonight?'"	Ways of Coping	Action (Calling Ephrem to Begin Training)	120

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59	"He knew what he'd done, he knew he'd broken the most important rule by saving Olive Llewellyn, but he retained a sliver of hope that the message might save him."	Ways of Coping	Action (Breaking Protocol to Save Olive)	163
60	"I thought perhaps it might ease your mind just a little to know that you might be saner than you think."	Ways of Coping	Action (Telling Edwin the Truth)	175
61	"Warning Olive Llewellyn of the approaching pandemic was not, no matter how he turned the moment over in his mind, the wrong thing to do. If someone's about to drown, you have a duty to pull them from the water."	Ways of Coping	Action (Moral Justification After the Fact)	182
62	"He was calm these days, in a way he wouldn't have expected. In the early evenings Gaspery liked to sit on the farthest possible	Ways of Coping	Acceptance (Peace in Prison)	183

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	edge of his bunk, almost falling off the end, because from that angle there was a sliver of sky visible through the window, and through it he could see the moon."			
63	"His conscience was clear."	Ways of Coping	Acceptance (Clear Conscience)	182
64	"If definitive proof emerges that we're living in a simulation, the correct response to that news will be So what. A life lived in a simulation is still a life."	Ways of Coping	Acceptance (Philosophical 'So What')	195
65	"I kept playing, sweating now, holding on for dear life to my lullaby for Talia."	Ways of Coping	Acceptance (Holding On Through Anxiety)	199
66	"I've been thinking a great deal about time and motion lately, about being a still point in the ceaseless rush."	Ways of Coping	Acceptance (Becoming a Still Point)	204

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67	"She kind of warned me off coming here, to be honest."	Causes of Anxiety	Danger-Situation (Early Warnings from Talia)	131
68	"It's possible to get lost in time, Zoey had said, in a different century. Why go to the bother of incarcerating a man for life on the moon, when that man can be sent elsewhere, framed, and imprisoned at someone else's expense?"	Causes of Anxiety	Traumatic Situation (Realising the Framing)	181
69	"He let the gun fall from his hand, and it clattered away like a harmless thing. There were lights washing over him now, red and blue. The girls were staring at the two dead men, then the younger girl looked at him, and he recognized her. 'Mirella,' he said."	Causes of Anxiety	Traumatic Situation (Framed for a Crime)	181
70	"No star burns forever. Gaspery scratched the words on a wall in prison some years later, so delicately that from	Ways of Coping	Acceptance (Small Mark of Meaning in Prison)	182

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	any distance at all it looked like a flaw in the paint."			
71	"Not long after my sixtieth birthday I developed some heart trouble, the kind of thing that could have been easily fixed in my own century but was dangerous in this time and place, and I was transferred to the prison hospital."	Causes of Anxiety	Helplessness (Aged Body in the Wrong Century)	187
72	"I did look completely different. But I recognized my face."	Effects of Anxiety	Effect on Feeling (Identity After Surgery)	192
73	"A countdown had begun. I sensed it in the background of all my days. Sometime soon, I knew, I would move to Oklahoma City. I was scheduled to begin playing the violin in the airship terminal by 2195. I knew, because I remembered the	Effects of Anxiety	Effect on Thinking (Living with Foreknowledge)	196

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	interview, that my wife was going to die first."			
74	"She's barely left that farm in thirty years."	Ways of Coping	Avoidance (Talia's Own Long Withdrawal)	193
75	"I had no idea... You know I believe in privacy, Clara said. So does she, by all appearances."	Effects of Anxiety	Effect on Thinking (Recognising Hidden Others)	193