



the *quiet* list

from finding quiet

november 2025

notes from a trip to the beach · assuage intrusive thoughts · best book of 2025 · google zero · prompts



the quiet list #7

a library of lists to help you pause and think

created and designed by candice daphne

november 2025





hello quiet readers,

welcome to another instalment of the quiet list, a little different this time.

this series has seen a couple of changes over the past few months, so firstly, i just want to say thank you to those of you who are patient with the growth of this new project and newsletter as a whole. i love experimenting with new ideas and going down different creative avenues, and although we're often told to just do what works, never deviate from the path, i'm glad that so many of you stick around to watch this space grow. thank you.

you may or may not know that i used to run a self-discovery magazine back when the world felt like the walls were slowly closing in on us. eventually, i had to stop, but i'd like to think of this little project as a recreation of that magazine. i've really missed designing like this!

this is still your little library of lists to help you pause and think, just prettier and with a couple new additions.

i hope you enjoy flicking through the next couple of pages and it gives you a moment in your day to stop and pause, to find a loose thread to pull until you can't remember where you started, to end up writing a few journal pages you didn't know you had inside you, to find yourself down multiple research rabbit holes, or maybe to just sit and focus on one thing for ten minutes. all is welcome here.

i hope you enjoy.

love,

candice

the bookshelves

what i've been reading, bookish thoughts and feelings

there's something about the way the cold settles in at this time of year, the way we suddenly reach for teddy fleeces and blankets and multiple cups of tea a day that makes books all the more enticing. suddenly every book on my tbr looks like a decadent slice of chocolate cake and i want to devour them all at once. this past

month or so, i've been inhaling thrillers in particular, but one book has really stood out to me.

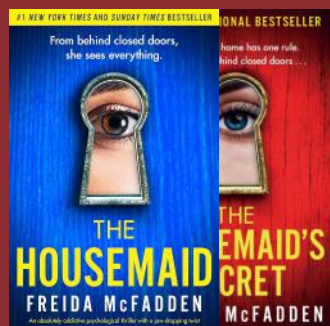
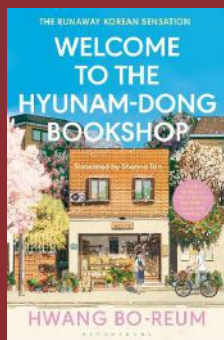
welcome to the hyunam-dong bookshop by hwang bo-reum was exactly

how it is described by one of the quotes on the cover (rare), "*a balm for the soul*". we follow yeongju as she drops everything and moves to a smaller part of the city to open her very own bookshop. slowly, other characters join the narrative and we watch them all go on their separate personal journeys, and i loved each and every one. i felt like i could relate to each of them somehow. i especially related to minjun as he comes to recognise

that it's okay not to lead the life that everyone expects from you, that a quiet, simple life is just fine for him. he works at the bookshop as a barista with yeongju, he goes to a yoga class, and he spends his evenings alone. it may not look like much on the outside, but i'm sure minjun's life is fuller than most.

while i was reading this book, i was in the middle of my own big life decision. i was in the process of buying a house in norfolk, quitting my job and wondering if everything was going to be okay. i think this book calmed me a little during this huge life change that i didn't necessarily need to initiate.

this book felt like chocolate slowly melting on the tongue. it's the first sip of tea that's slightly too hot, allowing you to feel the slow ripple of warmth spread over your chest. if you need something cosy, heart-warming, gentle and thoughtful, this is the book you need.



in my devouring mood, i also read four thriller books: *the housemaid*, *the housemaid's secret* and *the surrogate mother* by freida mcfadden and *then she was gone* by lisa jewell. honestly, none of these were incredible per se but they kept my attention and led me down the twisty path i was hungry for. in *the housemaid*, we follow millie calloway, a woman with a criminal record living in her car, desperately looking for work. she ends up becoming a live-in maid for an obscenely rich family but the seemingly perfect couple aren't as they seem at all.

the housemaid's secret still follows millie but this time she's working for another couple, one of whom she suspects is being abused and attempts to help them escape. once again, things aren't really as they seem and millie gets caught in a web of deception and lies.

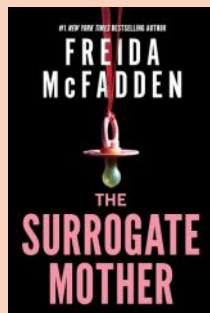
there is a third book in this series but after reading the second book, i thought it best to stop there. millie's decision-making is painful to read, the writing was very flat and the plot was becoming a little tedious to me. it felt a little bit like a chore to finish. the first book, however, was not as bad. it certainly kept me hooked, but i wasn't obsessed.

the surrogate mother however was

a little better than freida's other two in my opinion. this book follows abby who is desperate to have a child with her husband and accepts her assistant monica's offer to be her surrogate. this went down several paths i was not expecting, and if the writing was a little better and abby wasn't making so many stupid decisions, it could have been a much more enjoyable read.



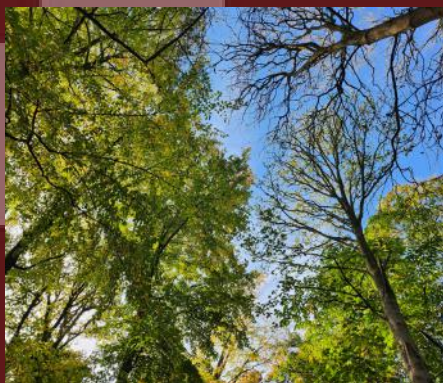
the last thriller i read was *then she was gone* by lisa jewell, and after reading *none of this is true* which i thoroughly enjoyed, i was expecting a lot. unfortunately, i was let down. this book is about laurel, a woman whose teenage daughter ellie disappeared ten years ago. she meets a man with a daughter who has eerie similarities with her daughter. this one is a little sad once you get to the root of it, but i think my high expectations tainted this one for me. again, a good book for a quick story with layers of shocking truths.



up next:

next of kin by mia abdullah, *little women* by louisa may alcott, *the vanishing cherry blossom* by takuya asakura.

thriller spree!



time with nature, photos by me

my blood still carries hints of city dust and my ears still ring with the sounds of constant traffic, so when my eyes lay upon a vast body of water—waves crashing, its foamy tail bubbling as the tide drags in, nothing in the distance but only where the sky joins hands with the sea—i am always stunned. that climb (it's always an ascent) to the top of the hill or the slope or the dune is like riding a roller coaster when you're approaching the highest peak, the anticipation bites every bone in my rib cage, my heart tightens, i involuntarily hold my breath. but instead of a violent fall, it's the gentle release of my muscles. it's relaxation. it's awe. it's a trickle of disbelief, that i am standing here on the edge of the country, nowhere else for my feet to go. my mind empties. suddenly i am only human, it is just i and the water and the sound of waves. suddenly it's just me and my senses.

A close-up photograph of a hand holding a silver and blue pen, poised to write on a lined notebook. The background is dark and out of focus.

the writing room

*take a moment for reflection,
see how far you've come, where
you want to go.*

what is one of your favourite
memories that happened in
autumn?

which autumn activities bring
you joy and make you feel
alive?

what cosy rituals can you create
this season to connect to your
higher self?

how do crisp autumn mornings
make you feel?

which parts of autumn reflect
who you are?

what are some ways you can treat
yourself this season?

what are some ways you can slow
down and appreciate autumn
this year?

which routines give you the most
comfort during this season?

the hobby table

*some things i've been doing to
pass the time, some inspiration
for you.*

on my 2ds xl: harvest moon: a
tale of two towns, animal crossing
new leaf, animal crossing: happy
home designer, gardening mama:
forest friends

nature walks, many, many more
to come and i can't wait

researching the seemingly
unknown links between astral
projection and sleep paralysis

organising my sticker collection

long drives down bendy country
roads

playing a new game my partner
made up: writing down three
words and letting the other guess
the meaning. if you guess the
meaning correctly you get a point.
if you don't know the correct
meaning of a word you've written
down, you lose a point. i love it.





cherryflavoredbutch [Follow](#)

Yesterday

brown works so hard and does so much and everyone is so mean to her. coffee chocolate hair leather tea wood eyes broth a warm coat autumn leaves caramelized onions the crust on a loaf of bread. all things good and warm and kind are brown. bitch!

20,915 notes



honeytuesday [Follow](#)

autumn is really like. i brought you some sunlight from when you were 10. didn't the world feel so bright to you then? i'll drench your hands in syrupy nostalgia, so everything you make is stained bittersweet. i'll ruffle your hair with an ice-kissed breeze--it'll be the kindest touch you've had in years. you finally feel like a part of something grander. i'm the last warm hand you hold before winter surrender.

#AUTUMNVIBES#AU

alatteofautumn

Autumn makes me want to live in a small town with tons of history and character. Leaf-strewn cobblestone streets. Old buildings and homes that range from small cottages to large estates. Maple, oak, and pine trees line the streets and cluster in yards, and when they all turn orange and gold in the fall it's the most beautiful sight. Small local businesses thrive. It's walking distance to your favorite coffee shop or diner. There's an ancient library on the edge of town with the greatest selection of books, comfy armchairs, tables, and big windows to read by. Time moves slower there. Everything is safe.





opheliariisiing

autumn always makes me fall so in love with homemaking... i want to cook a thanksgiving feast for my family, bake pumpkin pie and sugar cookies and set the table with cute place settings, carve jack-o-lanterns with my kids and take them trick-or-treating around the block, and cozy up by the fireplace after a long nature walk in the fallen leaves. idk there's just something about that simple, devoted kind of love which makes me so excited for the future :)



Autumn was her happiest season.

TUMNVIBES#AUTUM



"Autumn shows us how beautiful it is to let things go."

"Autumn is my season, dear. It is, after all, the season of the soul."

— Virginia Woolf, from a letter to Violet Dickinson written c. July 1907

Q Question I'm sitting with:
why do i find it hard to sit down and write fiction even though i love it so much? when i get in the flow, it's so enjoyable but there are always several roadblocks to get there

U Unplugged moment:
finding a little forest walking distance from our house and staring up at the orange leaves against the pale blue autumn sky, feeling calm, thinking how pretty it all is

I Intentions for the week:
get creative with finding space to do more hobbies while the house is still in its transitional phase, start working out again

E Encounter with nature:
visiting the sea, touching the freezing cold water, finding pretty rocks and taking one home with us, letting the sand fall into my shoes, fall between my fingers

T Thought to carry forward:
pay more attention to my body, find ways to de-stress and find peaceful moments while i'm in this stressful period of my life

the research room



expand your mind, read something different, learn something new.

is google destroying the internet? | ai, search, and digital feudalism, a youtube video by kate cassidy - google wants everyone to stay on their search engine rather than click off to other websites to get their information, otherwise known as google zero.

out, out damn thought! an article from psychology today - using nature to assuage intrusive thoughts, letting the physicality of the wind act like a broom to sweep away sticky thoughts. i love the idea of using nature to cleanse our inner selves.

the final boss of ai slop, podcast episode by 404 media - a close look into sora 2, openai's new ai slop app and how people are making brain rot creations with it, and google and apple removing various ice-spotting apps from their app stores.

ai writing is taking over, a youtube video by jared henderson - people are using ai to write books that are very, very similar to already existing popular books in the hopes to grab the cash of someone who isn't quite paying enough attention. grim.

atheist vs christian vs spiritual thinker, a podcast episode from DOAC - 3+ hours of rich conversation with two of my favourite thinkers: alex o'connor and dr k. what is purpose and spiritual practice? is it important to be curious about god? consciousness!

romanticise autumn.



thank you for reading!