

Carnations in Lisbon: Book Club Guide

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Genre: Literary Fiction / Historical Fiction

Setting: Portugal and the United Kingdom, 1971–2025

Timeline of Key Events

1933: Estado Novo regime established under António Salazar.

1940s–50s: Joaquim and Álvaro grow up under dictatorship.

1968: Marcelo Caetano replaces Salazar.

Early 1970s: Elena and Álvaro participate in underground resistance.

25 April 1974: Carnation Revolution peacefully overthrows the regime.

1973: Joaquinho renames himself Marco Aurélio.

1984–87: Douglas opens a restaurant in Oxfordshire.

2010: Douglas receives a terminal diagnosis.

2019: Helen discovers her true parentage.

2020–22: Marco and Helen navigate misunderstandings and uncover family secrets.

2025: Epilogue: a quiet sense of renewal and closure.