

Chapter Five

The chapter opens with Nesta and Cassian in the House of Wind's dining room, where Cassian insists Nesta eat a nutritious breakfast of porridge and eggs to sustain her energy for the day. Nesta resists, demanding toast instead, but Cassian explains the importance of steady energy from whole foods. Their exchange is tense, with Nesta bristling at his authoritative tone and Cassian remaining unyielding. The dynamic highlights their combative relationship, as Nesta's stubbornness clashes with Cassian's insistence on discipline.

Their argument escalates when Cassian bluntly connects Nesta's refusal to eat to her unresolved grief over her father's death. Nesta reacts with fury, denying the connection and lashing out at his presumption. Cassian, however, remains calm, revealing his own experiences with loss and implying he understands her pain. The confrontation exposes Nesta's emotional turmoil and Cassian's attempt to break through her defenses, though she remains resistant to his probing.

Despite her anger, Nesta reluctantly eats the porridge and eggs, though she makes her displeasure clear. Cassian watches her closely, unmoved by her defiance. As she prepares to leave, their physical proximity reignites the unresolved tension between them, hinted at through memories of their past intimacy during the war. Nesta struggles to suppress her emotions, while Cassian's teasing demeanor suggests he enjoys their sparring.

The chapter ends with Nesta's reluctant compliance and Cassian's playful challenge, setting the stage for their upcoming training session. Their interactions oscillate between hostility and underlying attraction, revealing the complexity of their relationship. Nesta's internal conflict—between her pride, grief, and lingering feelings for Cassian—drives the narrative, while Cassian's persistence hints at his deeper investment in her well-being. The unresolved tension promises further emotional and

physical clashes as the story progresses.

