

***A New Normal Life* Book Club Guide**

by Deborah Kedzierski

Introduction

A New Normal Life is a story of resilience, reinvention, and rediscovery. Through humor, vulnerability, and unexpected connections, Renee navigates divorce, friendship, family, and love while running—literally and figuratively—toward a new chapter of life.

This guide is designed to help readers dive deeper into Renee’s journey, reflect on their own “new normals,” and laugh (and maybe cry) together along the way.



Discussion Questions

Themes & Character Growth

1. What does “new normal” mean to Renee at the beginning of the novel? How does that definition evolve by the end?
2. How do Renee’s friendships (with Amy, Sharon, Disha, Ashley, David, etc.) help her redefine herself?
3. Renee often uses humor as a coping mechanism. Did her wit make her more relatable? Were there moments where it masked deeper pain?
4. Prince, the dog, is both comic relief and an emotional anchor. What role do pets play in our own healing journeys?
5. When Renee joins the running club - do you think the author meant it as a metaphor for the character’s run *from* something or *to* something?

Relationships & Love

6. How does Renee’s relationship with David differ from her previous experiences with men?

7. Do you believe David was truly “friend-zoned,” or did Renee know all along there was more there?
8. The book ends with a wedding, a symbol of new beginnings. Why do you think the author chose that as the final setting?

Identity & Reinvention

9. Renee experiments with running, yoga, dating apps, and even shopping for a sex toy. Which of these attempts at trying something new resonated most with you?
 10. Have you ever had a “new normal” moment in your own life—divorce, career change, becoming a parent, or something else? How did it shape you?
 11. Names have meaning: Look up your name and what it means. Does it reflect who you are?
 - a. Renee - Rebirth
 - b. David - Beloved
 - c. Amy - Friend
 - d. Disha - Direction, path or guidance
 - e. Matthew - Gift of God
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Activities & Extras

- **Running Reflection:** Share a time you pushed yourself physically or emotionally, like Renee training for her first 5K.
- **Prince’s POV:** Imagine a scene told from the dog’s perspective. How would Prince describe Renee’s journey (and her taste in men)?
- **Renee did not think she needed a dog.** She felt she needed Prince. Share a time when you made a decision based on feeling, and in contradiction to what you thought.
- **Humor Hunt:** Which scene made you laugh the hardest? Which one made you tear up?
- **Your Bracelet Moment:** David gives Renee a bracelet with a heart—small but deeply symbolic. Share an object or gift that carries emotional meaning in your own life.
- **Make bracelets.**
- **Wear your favorite shoes**

- **Share a photo of your dog**
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Snack & Drink Pairings

- **Pink Panty Droppers:** Recipe is in the book. Enjoy your own “Code Pink.”
 - **Snack:** Pie (a nod to Pie Wednesday) or energy bars (Renee’s runner fuel). Coffee is a MUST.
 - **Fun Option:** “Post-run mimosa” station—because hydration is important, right?
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Closing Reflection

At its heart, *A New Normal Life* is about bravery—the bravery to try, to fail, to laugh, to love, and to keep moving forward.

Ask each member: *What’s one small step you’re taking toward your own “new normal”?*