



THE RAGE CLUB BOOK KIT

By Rowan Christoff



WELCOME

Thank you for choosing to read this story together. Rage Club was born from a simple truth: women carry so much, so quietly, for so long. When we finally speak — or scream — something shifts. Something opens. Something connects.

This kit is designed to help you explore that connection. Whether you're meeting in a living room, a library, a break room, or a Thursday-night kitchen, I hope these pages give you space to laugh, breathe, question, and feel a little less alone.

There is no right way to run a book circle. Use what resonates. Skip what doesn't. Wander freely. The best conversations are the ones that surprise you.

I'm grateful you're here.

— *Rowan Christoff*



HOW TO USE THIS KIT

This kit includes:

- Themes to explore
- Warm-up questions
- Discussion questions
- Character deep-dives
- Rage Dares (group activities)
- Printable quote cards
- A teaser for Book Two

Use these materials however you like:

- As a structured guide
- As a loose conversation starter
- As a jumping-off point for your own tangents
- As a way to deepen your connection to the story and each other



THEMES TO EXPLORE

- The cost of silence
- Found family and chosen loyalty
- Humor as survival
- Identity and reinvention
- Collective emotion and shared experience
- The tension between who we are and who we're expected to be



WARM-UP QUESTIONS

These are designed to ease your group into the conversation — low-stakes, high-connection, and perfect for breaking the ice.

- 1. What drew you to this book?
- 2. Which character did you connect with first — and why?
- 3. What's one emotion you felt strongly while reading?
- 4. Did any moment make you laugh unexpectedly?
- 5. What's one line or scene you're still thinking about?



DISCUSSION QUESTIONS

1. Silence plays a major role in the story. Where do you see silence helping — and where does it harm?
2. Rage is portrayed as both destructive and liberating. How did your understanding of rage shift while reading?
3. How does the group dynamic change when one woman finally speaks honestly?
4. What role does humor play in the characters' survival?
5. Which relationship in the book felt the most complicated — and why?
6. What expectations does the world place on these women, and how do they resist or internalize them?
7. How does the story explore the tension between who we are and who we're expected to be?
8. What moment felt like the emotional turning point of the book for you?
9. How does the book portray the difference between anger and connection?
10. What do you think the scream symbolizes — individually and collectively?



CHARACTER DEEP-DIVES

Use these prompts to explore the emotional architecture of the cast — what they carry, what they hide, and what they reveal in the moments that matter.

Kate

Where do you see her holding back?

What moment felt like her turning point?

How does she carry other people's emotions?

Erica

What role does humor play in her coping?

How does she show loyalty?

What does she understand about Kate that others don't?

RAGE DARES

These are optional, playful, cathartic activities your group can try — designed to spark connection, release tension, and remind everyone that rage can be communal, creative, and even joyful.

1. The Silent Scream Test

Everyone takes a deep breath and does a silent scream together.

It's ridiculous.

It's bonding.

It works.

2. The Rage Walk

Take a five-minute walk together (outside or around the room) and name one thing you're done carrying alone.

3. The "Say It Out Loud" Circle

Each person finishes the sentence:

"I'm allowed to be angry about..."

No explanations. No apologies.

4. The Humor-as-Survival Challenge

Share the funniest moment from your week — even if it was dark, messy, or unhinged.

Humor counts as emotional infrastructure.

5. The Collective Exhale

End with a group breath:

In for four.

Hold for four.

Out for six.

Repeat three times.

Let the room soften.

PRINTABLE QUOTE CARDS

*“Rage is not the enemy.
Isolation is.”*

“We are done shrinking.”

PRINTABLE QUOTE CARDS

“Humor is survival”

*“We choose connection
over silence.”*

PRINTABLE QUOTE CARDS

*“Take up space.
You deserve to exist
in full volume.”*

“We are allowed to be loud.”



TEASER FOR BOOK TWO OF THE RAGE TRILOGY

This Wasn't the Plan
“A movement this loud can't stay quiet”

In This Wasn't the Plan, the scream that started as an accident becomes a movement no one can ignore.

As the world reacts — loudly, messily, and sometimes dangerously — Kate is forced into a spotlight she never asked for. The community grows. The pressure builds. And the echo of that first scream becomes something bigger than rage: it becomes a reckoning.



TEASER FOR BOOK TWO OF THE RAGE TRILOGY

This Wasn't the Plan

“A movement this loud can't stay quiet”

In *This Wasn't the Plan*, the scream that started as an accident becomes a movement no one can ignore.

What began as an accident now has momentum — messy, electric, and impossible to contain. Kate never asked to lead anything, but the world keeps turning toward her, demanding answers she isn't sure she has. The circle grows. The stakes rise. And the noise around them becomes its own kind of pressure — one that forces every woman to decide what she's willing to risk, and what she's no longer willing to carry alone. Because once a movement gets this loud, silence is no longer an option.

And in Book Three, some women stop apologizing altogether.



THANK YOU

Thank you for spending time in this world — and for bringing your own voice to the conversation. Your presence here matters more than you know.



Rowan Christoff

