

## DISCUSSION QUESTIONS FOR BOOK CLUBS

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- 1) How does this book affect your sense of family?
- 2) How do themes of shame and secrecy impact a family's history?
- 3) Have you ever researched your family history? Why or why not?
- 4) Is the author's grandfather sympathetic? How do you view his actions from December 1951?
- 5) The author concludes that her grandfather used narcotics to manage his stress, rather than treat his asthma. Do you agree with her opinion? Why or why not?
- 6) How does the author's relationship with her mother impact her actions and beliefs?
- 7) What do you make of the author's first therapist?
- 8) How does the author handle therapy? At what point do we see a transformation?
- 9) What role does anticipatory grief play in the book?
- 10) How does the author's need to control outcomes limit her?
- 11) How does Dr. Russell's experience provide inspiration for modern day challenges?
- 12) How did the author's relationship with her father affect her worldview? Have you ever had someone in your life who played a similar role for you?

- 13) If the author could have a conversation with her grandfather today, what do you think she would ask him or share with him?
- 14) What place does gratitude have in this story? What were you able to relate to that may help you find gratitude in your own life?