



“This Sweet Life: how we lived after Kirby died” Book Club Discussion Guide

1. What were you expecting before you started reading “This Sweet Life?”
2. What do you think the dual narratives of Ginny and Jean add to the story and how the book reads?
3. What did you think of the book’s structure?
4. Were there parts of the book when you felt angry?
5. What aspect of the book resonates most for you? The grief, the suspense of the story, the critique it offers of self-help...?
6. How did Ginny and Jean’s experiences with grief differ?
7. How do you see the theme of resilience play out in the story? Give some examples.
8. Kirby’s is the third voice in the story. What message did she leave you with?
9. Having read this story, will this change the way you approach self-help/self-improvement?
10. What kind of change would you like to create in your life and how would you build your own path of self-improvement?