

A BOOK CLUB GUIDE



Dear Reader,

Thank you for reading my book. I feel very fortunate and grateful to be able to connect with you through my words.

My wish for you is that you live the life of your dreams. There is no better day than today. Your life is now.

Love, *Olivia*

Questions and Topics for Discussion



1. Confronted with a death sentence we all react differently. However, what do you think about Liz's choice wanting to change her life drastically knowing that she will die soon? Is it realistic?
2. How much or how little do you agree with wanting to live a life without regrets? Is it even possible to aim to live a no-regrets life?
3. Do you believe journaling helped Liz going through her tougher days? And will her kids benefit from knowing so many details of her life? Or will it be painful for them to learn about how their mother's deepest emotions?
4. Was it morally wrong for Liz to begin a new life with Sam while still being married to Pete?
5. Do you think Liz is selfish because she doesn't immediately reveal the truth about her cancer? Do you agree or disagree with her decision? And do you concur that people behave differently when they know that someone is dying?
6. Was Liz wrong to begin a relationship with Sam and not tell him immediately that she's dying?
7. After reading the book, do you want to change anything about your life? And what do you want to change? Did the book help you with that decision?

8. Do you agree that we must step into the unknown to gain the most in our lives? Do we have to show courage to make changes?

9. What would you do in one hundred forty days or six months to live your life to the fullest? And what keeps you from doing it right now? Or did you begin your new journey immediately?

10. Did you like or dislike that the author used the diary format but essentially wrote a novel? To make this format work, she bended the rule of novel writing and switched in between tenses. Did it ever bother you?

