

Dear Eliza Book Club Guide

I hope you'll read *Dear Eliza* with your book club!
Here are some suggested discussion questions:

1. The secret in Laura's letter turns everything upside down in Eliza's life. Do you think Laura considered the impact her revelation would have? Why do you think she handled the situation the way she did?
2. Eliza describes her grief as "a nearly constant companion...A calcification in her heart," and Vanessa tells her that the best way to handle grief is to throw herself into other things. If you've lost someone close to you, do you relate to Eliza's experience of grief? Do you agree with Vanessa?
3. Eliza sees herself and her brother Scott as playing out the same roles over time—Scott as the "golden boy" and her as the screw-up. Do you think her perception is accurate? Do you think families tend to fall into these kinds of patterns?
4. The book opens at Eliza's father's shiva—the formalized period of mourning within Judaism. This tradition is *meant to give attention to the grieving family*, who stay home in mourning for a set period of days immediately following the burial. What are the mourning rituals in your family/culture/religion?
5. Eliza and Mo have always been able to rely on each other, but Eliza is frustrated by Mo's response to her new situation. Have you had an experience where you've been disappointed by a friend? How did you handle it?
6. Eliza is upset by Ross's reaction when she tells him who she really is. Can you sympathize with him? What do you think the future will be for Eliza and Ross?
7. Carol and Eliza are like oil and water. Do you think Eliza could have connected with any stepmother? Can they have a relationship moving forward?
8. Eliza tells Josh that things couldn't have worked between them if they'd gotten together when they were younger. How important do you think timing is in relationships?

9. Mo encourages Eliza to do yoga, but whenever Eliza tries, she finds she can't clear her mind of distractions. Do you have a method of self-care that works for you?
10. Based on the glimpses we have of Laura's interactions with Jack and with Ross, what do you think about those relationships? Do you think Laura was happy?