

A Book Club Conversation Guide

The Same and Not the Same

These questions are invitations, not a test. Choose the ones that speak to your group, skip any that feel too personal, and leave room for your own stories.

- 01.** What did the title *The Same and Not the Same* mean to you when you finished reading?
- 02.** The author describes invisible threads connecting people and experiences. Which examples stayed with you? Did they remind you of any threads in your own life?
- 03.** How do small, ordinary things—a song, a recipe, a familiar phrase—carry memories of people we love?
- 04.** What surprised you about the way humor and love coexist with illness, caregiving, and loss?
- 05.** How did the story shape or challenge your understanding of what caregiving can ask of a partnership?
- 06.** Were there moments when friendship or community changed the course of the story? What made those moments meaningful?
- 07.** The book is presented as one person's story rather than a guide to grief. How did that affect your experience of reading it?
- 08.** What does it mean to build a life that is different from the one you expected, while still carrying parts of the old one with you?
- 09.** Was there a passage or moment you wanted to return to, or share with someone else? Why?
- 10.** The author invites readers to notice and cherish people while they are still here. Is there anything you feel inspired to notice, say, or do after reading?