

Chasing Air

by Caroline Prince



About the Book

Inspired by the author's real-life story, CHASING AIR is a powerful reminder that the greatest adventures often come when you least expect them.

Allison Blanchet has always lived at full throttle. From racing down small-town Georgia streets on her bicycle in the 1960s and '70s to feeling the rush of adrenaline in a Corvette, in the paddock of the Daytona International Speedway, and in the heights of the Himalayas, Allison has led a life fueled by adventure.

But after a life-altering accident, Allison faces the toughest challenge of all: learning how to find peace, joy and meaning amid grief and loss. Her journey is a poignant reflection on how life's deepest struggles can also offer its most profound adventures --- and how love, loss and triumph are inextricably connected.

CHASING AIR is a fierce reminder to stay curious, keep dreaming, and dare to soar --- no matter where you start.

Discussion Guide

1. Allison faces a range of physical and emotional challenges in CHASING AIR. Which moment in her journey felt most pivotal to you, and why?
2. How does the title CHASING AIR reflect the deeper themes of the novel --- freedom, loss, resilience and reinvention?
3. Were there any scenes or relationships that reminded you of your own life experiences or choices?

4. The book explores the tension between control and surrender. How does Allison navigate that balance throughout the story?
5. Allison's relationship with risk is central to her evolution. Do you see her as fearless, reckless, courageous --- or something else?
6. How did your perception of Allison shift from the beginning to the end of the novel?
7. The novel weaves together themes of grief, ambition and personal identity. Which of these felt most resonant or surprising to you as a reader?
8. What role does nature or movement (flying, running, climbing) play in to how Allison processes her inner world?
9. Was there a character besides Allison whom you found particularly compelling? What did they add to the story?
10. If CHASING AIR continued beyond its final pages, where do you imagine Allison would go next --- literally or emotionally?

Author Bio

Caroline Prince has (nearly) done it all. After growing up in the South and traveling the world, she pursued a real-estate career before excelling as a sales executive in the historically male Silicon Valley. A second-degree black belt, Caroline has flown airplanes, had an insider's view of car racing, and climbed mountains. She is now tackling her next adventure: writing. CHASING AIR is her first novel.

Critical Praise

"A smoothly told story, written by an author particularly skilled at plotting, characterization and pacing. An enjoyable tale that will appeal most to women readers eager to cheer on an ambitious and upstanding protagonist."

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