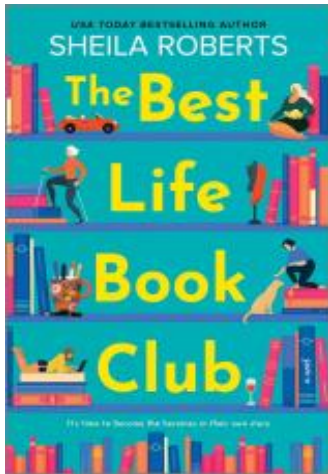


# The Best Life Book Club

by Sheila Roberts

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## About the Book

**It started as a book club. It became a way to build a better life together.**

Karissa Newcomb is ready for a new start in a new neighborhood, as far away as she can get from Seattle, where her husband cheated on her with the neighbor who was supposed to be her best friend. She and her nine-year-old daughter are moving on to the city of Gig Harbor on the bay in Puget Sound. She even has a new job as an assistant at a small publishing company right in Gig Harbor. Her new boss seems like a bit of a curmudgeon, but a job is a job, she loves to read, and the idea of possibly meeting writers sounds fabulous.

Soon she finds that she's not the only one in need of a refresh. Her new neighbors, Alice and Margot, are dealing with their own crises. Alice is still grieving her late husband and hasn't been able to get behind the wheel of a car since a close call after his death. Margot is floundering after getting divorced and laid off in quick succession. They all could use a distraction, and a book club seems like just the ticket. Together, the three women, along with Alice's grumpy older sister, Josie, embark on a literary journey that just might be the kick-start they need to begin building their best lives yet.

## Discussion Guide

1. When Karissa Newcomb arrives in her new neighborhood after hitting restart on her life, she's timid about forming new friendships. What have been your experiences when moving to a new location?
2. Could you identify with Karissa's fear of risking a new friendship? Have you ever been betrayed by a friend?
3. If you were Margot, how would you handle her mother?
4. Alice must overcome a case of PTSD. Have you ever been involved in a car accident or experienced another kind of

traumatic situation? How were you able to cope?

5. Josie has some rough edges. Do you know anyone like her?

6. Have you ever invited someone into a group or club and then regretted it?

7. Does your book club have certain expectations regarding potential new members?

8. Alice insists that not only can the young learn from the old, but the old also can learn from the young. Do you agree with Alice?

9. Do you think office romances are a good idea?

10. Should Edward have shared more of his situation with Karissa earlier?

11. Except for JANE EYRE, all the books the club selects to read don't really exist. Which one would you want to read if it really existed?

12. What book has your group read that sparked the most heated discussion?

13. Do you agree with Alice that there is a perfect book match for everyone?

14. What would you say are the benefits of being in a book club?

## Author Bio

Sheila Roberts is the author of more than 50 novels, including ON STRIKE FOR CHRISTMAS, which was made into a Lifetime Network movie. Also adapted for the small screen, Sheila's THE NINE LIVES OF CHRISTMAS is a perennial Hallmark channel favorite, and CHRISTMAS ON CANDY CANE LANE debuted on TV in December 2022. The author has sold more than three million copies of her novels. Before launching her author career, Sheila owned a singing telegram company, wrote music and played in a band. A cancer survivor, she resides in Washington state with her husband, who is also an author. For more information about Sheila, visit [www.sheilasplace.com](http://www.sheilasplace.com).

## Critical Praise

"[With] a set of characters so vivid we want to be their best friends, and a story that keeps us turning the pages, THE BEST LIFE BOOK CLUB is your book club book of the year.... A novel of pure delight!"

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