

A Cup of Silver Linings

by Karen Hawkins



Book Club Guide

1. When Ellen Foster is first introduced in Chapter 1 at her daughter's funeral, Ellen isn't the most likeable character. What life circumstances made her that way? As the story progressed, did your opinion of her change? Why?
2. Ava Dove's secret is determined to break free from its enchanted prison. Whose good opinion was Ava unwilling to risk by revealing her own mistakes? How did the revelation affect Ava's relationship with that person? With herself?
3. Julie Foster called her bipolar disorder "bipolar lite." What frustrations did her "bipolar lite" bring to her life? What benefits? How did her condition affect her relationships with the people of Dove Pond? With her daughter, Kristen?
4. While growing up, the only time Kristen asks to meet her dad only once, when she wants him to take her to a father-daughter dance at school, but she changes her mind when she realizes it would upset her mother. After her mother's death, Kristen realizes that meeting her dad could potentially cause complications in her own life. In what way was that so?

5. Sarah and Blake have a long, uncomfortable history mainly due to Sarah's inability to simply be herself whenever he's around. Have you ever known people who were unable to "be themselves" around someone they might be interested in romantically? Did they get over it? If so, how?
6. Much of *A Cup of Silver Linings* deals with grief and the different ways people navigate sorrow. How did Ellen handle her grief compared to the way Kristen manages hers? How did this difference affect their relationship with each other?
7. Because of Ava's tea, Ellen gets the chance to speak with her daughter Julie again and say the things she should have said when Julie was alive. During these conversations, Ellen must face some uncomfortable self-truths about her decisions as a parent. What does she learn that helped her become a better parent to her granddaughter?
8. Grief can be caused by more than death. Grief can also be caused by a betrayal. Once Ava's secret breaks free, Sarah has a very good reason to be angry with Ava, as Ava well knows. We see in the final chapter that Sarah has found the strength to forgive Ava, although Sarah warns that it will take time for their relationship to return to normal. They both also admit that their relationship has been forever changed. Have you ever been betrayed? Did you experience a sort of grief, too? How did you overcome it?