



Monday Morning Emails

Book Club Questions

1. If you were to write a Monday Morning Email yourself, which two issues would you be most compelled to write about?
2. What circumstance from each author did you most identify with?
3. Which part of the book brought you the most joy, the fondest memories?
4. Jo and Terry Anne have dealt with issues in different ways. For Jo, it is often with counselling and for Terry Anne, it is leaning on family or friends. Discuss these approaches.
5. How much do you think the authors' childhood traumas impacted their parenting?
6. Did you feel transported to the various locations the writers wrote from? Did Monday Morning Emails inspire you to travel?
7. Did reading the journey of two women in their fifties give you cause to contemplate your own choices?
8. Do you think two men could have written this book with as much honesty and vulnerability?
9. Did you identify more with Jo or Terry Anne. Why?
10. What are your main takeaways from the book?
11. Lastly, Jo and Terry Anne hope to inspire others to write. Can you envision writing to a confidante?