

## Book Club Questions

*The Sun and the Moon* by Leslie McAdam

1. A major theme of *The Sun and the Moon* is empowering female sexuality and the ways that Amelia reclaims her sexuality. In what way is this still a contemporary issue?
2. Amelia's depression shut her off from feeling anything emotionally. Did the activities she did to recover from depression resonate with you? Why or why not?
3. Amelia makes assumptions about Ryan based on where she meets him and what she hears about him from others. Are there times where snap judgments are appropriate? How do they serve us?
4. How important a role is Amelia's therapist in her recovery?
5. Do you think Amelia's depression affects her perception of the world?
6. Amelia's depression may stem from suffering a tragedy and withdrawing to protect herself from pain. Is it safer to close down or open up? What do we gain by shutting down? What risks are there in opening up?
7. One of Amelia's reactions to emotional discomfort is to drink alcohol. What are some healthier coping devices?
8. In what ways does Amelia hide from being her true self? What are things she does to start to feel? What are some other things she could do?
9. How is Ryan an anchor to Amelia? Do you think that having dealt with his own issues he is available to help her with hers?
10. What do you think happens to Ryan and Amelia in the future?