



DISCUSSION QUESTIONS

1. Amy Turner suffered multiple kinds of trauma in her life, and she continued to address them through therapy. Do you think that writing the memoir was a form of therapy? Why or why not?
2. In addition to counselling, Amy received somatic-oriented therapies to release the trauma stored in her body. Do you think different kinds of therapies help different kinds of people?
3. How did using humor shape Amy's identity? How did it shape the writing in this book?
4. How did secrets affect Amy's family?
5. Amy writes with great compassion toward her parents. Did this surprise you? What allowed her to feel compassion instead of anger?
6. At age 48, Amy changed careers, leaving the legal field to become a teacher. Did her decision inspire you?
7. Later in life, Amy sought to find the priest who talked her father off the ledge. She also sought the original records and pictures of his attempt. How did this outreach and research affect Amy? How did they affect the writing of her memoir?
8. Amy chose to share the pictures of her father on the ledge at the end of the book. Why do you think she placed them there instead of at the front?
9. We are used to seeing alarming or difficult images in our world today, but when Amy was a child, they may not have been as prevalent. How do you feel the media treated her father and her family?
10. Writing is important to Amy's family, and here she has taken charge of her own story, told it in her own way. Why might this be important?

