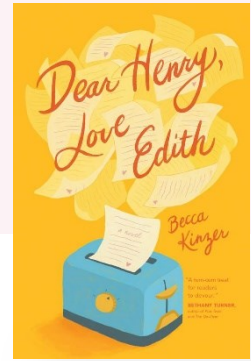




PARTICIPANT GUIDE

DEAR HENRY, LOVE EDITH
BY BECCA KINZER



"Adventures aren't supposed to be easy, right? That's why they're called adventures."

EDITH SHERMAN



DISCUSSION QUESTIONS



1

Q. The small town of Westshire has many odd and loveable characters. Who was your favourite? Why?

2

Q. Henry and Edith's relationship begins with a misunderstanding of who the other is. This rom-com trope is commonly known as 'mistaken identity'. Which other classic tropes did you enjoy in this story?

3

Q. Edith has suffered many big disappointments in her life. What is her biggest motivation to keep going?

4

Q. Henry struggles to live up to other people's expectations and feels forever in his brother's shadow. At what moment in the story did Henry find himself and truly start to thrive?

5

Q. Edith is the answer to Sharon's prayer for help at the crisis nursery centre. Can you think of a time when you've been an answer to someone's prayers? Or when God has provided for you in a time of need?

6

Q. Edith encounters helpful wisdom characters who guide and mentor her on her journey. How did characters such as Sharon, Phyllis, Julie and Amahle nurture and encourage Edith? Do you have someone like this in your life?

7

Q. Do you think Edith had a healthy relationship with food? Why, why not? Can you relate to her experiences with stress or comfort eating?

8

Q. Fear and trust are two important themes in the novel. Discuss some of the decisions Edith made out of fear. How might things have been different if she had chosen trust instead?

9

Q. Edith learns that love and building a life with someone you love can be an adventure. Has this challenged your idea of what it means to have an adventure?

10

Q. Can you relate to Edith's longing for South Africa? If you could travel anywhere in the world, where would you go?

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