

Meher & Me

*A Mother-Daughter Relationship Memoir
About The Life We Choose For The
Lessons We Will Learn*



Hello,

I sincerely hope you enjoyed *Meher & Me*. You could have picked any book, but you chose mine, and for that, I am grateful. I hope that by sharing my memories of this life and the lessons it has dealt me, I will leave you with something you can take from my journey and use in your life.

As you gather a group of friends, I hope the questions I provide below will help spark the conversation, generating healthy discussions about how the book has impacted each reader and how different perspectives and interpretations can help you dive even deeper into the lessons I learned.

Enjoy your discussion!

Farah



Meher & Me

DISCUSSION QUESTIONS:

1. Farah has an impressive background, being of Parsi origin, born in London, raised in North India, and educated at a Catholic convent in a historic Muslim city surrounded by Hindu mythology. Do you think her cross-cultural upbringing gave her a different perspective on everything she had to endure? Does Farah's multicultural and multi-geographic upbringing make you reflect on your own sense of belonging and where you define as home?
2. Would you do anything different from Farah if you had received a phone call in the middle of the night as she did?
3. Did *Meher & Me* make you reflect on your relationship with your mother? How?
4. What are some passages that you underlined or that particularly affected you?
5. Have you overcome hardship, loss, or heartache and emerged stronger from that experience? Do you try to look at it more as a lesson or a struggle?
6. Baking and Yoga represented the most critical activities during Farah's grief and healing process. Do you have a go-to healing practice when facing adversity?
7. Do you believe writing *Meher & Me* was part of Farah's healing journey?
8. After reading *Meher & Me*, do you agree with the saying, "*We choose our lives for the lessons we will learn.*"? Why or why not?
9. If you could ask the author anything, what would it be?
10. What was the biggest takeaway from *Meher & Me* that you learned?

Thank you for reading *Meher & Me: A Mother-Daughter Relationship Memoir About The Life We Choose For The Lessons We Will Learn*. I offer a 30-minute virtual call as a thank-you to the book club members.

To schedule the call, please email Farah@FarahPress.com with the requested date and time.

I encourage you to use the hashtag #Meher&Me or tag @farah.press on social media to share pictures of you, your group, or your favorite reading spot. We also appreciate your book review on your retailer of preference.

