

## BOOK CLUB DISCUSSION QUESTIONS

1. Restored in Tuscany takes us on a journey of loss and renewal. Do you think the author would have found the same restoration of spirit without her experience of renovating the house in the village? Can you recall a similar journey in your life? How did you find renewal?
2. The author imagines the lives of former inhabitants of the property and feels a genuine connection to them from architectural features, furniture, and shared experiences—do you have a place, an object, or a way of doing things that makes you feel connected to people from the past?
3. Women in middle age often find themselves in a position of managing schedules and generations, along with a busy home and work on top of that. Control is important to hold it all together at times, but can you relate to the author's own moment of realizing control can go too far?
4. The author sets a goal for herself on her fiftieth birthday to make a change in her life, only to find that a year or two goes by with no real change taking place. What do you think contributed to her failure to live up to that goal?
5. The pruning metaphor is often used, but have you ever considered that pruning might mean cutting even good fruit out of your life to allow the best to grow? What might that look like for you? How does it make you feel?
6. The author makes a statement about grieving: "I've figured out that people give you about two weeks to get back in the saddle, especially if you've already been out taking care of someone with an extended illness." If you have lost someone close to you, did this resonate in your grieving journey? Why or why not?
7. Sabbatical is identified as "time set apart to read, study, and rest." Have you ever taken a sabbatical of any kind? What was that like? If you haven't, what would you like your sabbatical to look like?
8. The pandemic offered many of us a time where normal activities were halted. Was this a form of sabbatical for you, or did you feel it created more anxiety? Did you emerge from the pandemic with new habits or having exercised some pruning in your own life?
9. The author draws strength and peace from spending time in nature on country walks and admiring the beauty of Tuscany as a part of God's creation. Is there a place you like to go that gives you that same sense of restoration? Do you do enough of it? If not, how can you make that more a part of your life?
10. The author struggles to write at times, but then finds great satisfaction when the commitment pays off. Can you think of a struggle in your own life that needs more perseverance?
11. Whatever your age, do you connect with a desire to do something adventurous? What might that look like for you?