

Book Club Discussion Guide for *Seven Birds*

1. "Seven birds" represents secrets in the novel. Do you think families are ever justified in keeping life-altering secrets from one another?
2. Was Fez justified in her anger toward William? At what point is someone's mistake irrevocable?
3. What tangible thing in your life connects you to your family? How hard would it be to let it go?
4. If a long-lost sibling suddenly appeared in your life and needed a home, would you take him or her in? Do you think Penny's circumstances made it easier or harder for Fez?
5. After reading about Penny, have you changed the way you think about adults with special needs?
6. Fez, Hazel and Penny all manage their stress and emotions in different ways: Fez by losing herself in chaos, Hazel with mind-numbing drugs and alcohol and Penny by rocking and self-soothing. How did these characters change the way they handled stress as the book progressed?
7. The stress children feel these days is often overwhelming; Hazel felt extremely overwhelmed and anxious. If you have adolescents in your household, how do you help them manage their stress?
8. Of the three women narrators (Fez, Hazel, and Penny), who do you think evolved the most in the story? Was there a point in your life when you experienced a profound change, either through experience or just by the passage of time?
9. In what ways did you admire — or disapprove of — the characters and their decisions?