



Becoming Gaby

BOOK CLUB GUIDE

Thank you for reading *Becoming Gaby*.

This novel explores transformation, imagination, identity, boundaries, and the courage it takes to choose a different life. The questions below are meant to spark conversation, personal reflection, and connection. There are no right or wrong answers.

1. Turning points: Have you ever lived through a major shift (sudden or gradual)? What triggered it—and what helped you follow through?
2. First impression: What did you enjoy most about the novel (a character, a relationship, the pacing, the themes, the “aha” moments)? Why?
3. Imagination as a tool: In your own life, when has imagination helped you cope, decide, or change direction? When has it misled you?
4. Identity + name: The “Gangly to Gaby” shift is more than a nickname. What does her new name symbolize to you?
5. The wedding dress scene: What did you think of Gaby “remodeling” her wedding dress? Liberation, denial, rebellion, stupidity, grief—something else?
6. Micro-techniques: The book includes small experiments (the anagram effect, the “+1” technique, etc.). Which one felt most realistic or useful—and why?
7. The mother boundary: Was Gaby justified in stopping financial support for her mother? Where is the line between compassion and enabling?
8. Masculinity models: Compare the men around Gaby (Bill, Thomas, Dr. Lutterman, Maurice, her sons). What different versions of “strength” do you see?
9. Safety and shame: After the violence, Gaby feels shame and wants to hide. Why do you think shame shows up in survivors—and what helps dissolve it?
10. The ending / new goals: By the end, Gaby can answer her plans about her future. What did that moment mean to you? Did it feel earned?
11. Most resonant character: Which character did you relate to most—and which one challenged you the most?
12. Dr. Lutterman speaks about the importance of long-term goals. Do you agree with him?


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