



Book Club Questions

THE BEST I CAN DO

- Why do you think the author chose the title, “The Best I Can Do,” for this book?
- What were the themes of this book? How did the author bring these themes to life?
- Which quotes or passages from this book stood out to you? Why?
- Are there any aspects of the book you can relate to? If so, which ones and why?
- If you were the author’s spouse or partner, would you have supported his career change in the same way the author did? Why or why not?
- What other ways could the author have supported her husband’s career change instead of leaving the Pacific Northwest?
- With all the unusual behaviors the author noticed in her husband, do you think she could have identified he had a mental illness earlier than she did? Why or why not?
- In the early chapters of the book, the author alternated from the beginning of the story to what happens after she discovered her husband had a mental illness. Did this approach seem effective to you? What would have you done differently if you wrote this book?
- Why was the author reluctant to talk to anyone about her husband’s behavior? If you were the author, what would you have done?
- During the support group after the class for caregivers at the church in Bedford, one person said if she had a choice, she’d prefer her loved one to have cancer than a mental illness because others would be more compassionate. Instead, people were afraid of her loved one. Why do you think this happens? What could be done to be more supportive and empathetic toward those who have loved ones struggling with a mental illness?
- Could the author have avoided homelessness? If so, how?
- Throughout the book, the author had three cats. How did their presence in her life make a difference?
- When the author shared her husband’s unusual behaviors with her doctor, she was referred to counseling. If you were the author, would you have gone? Why or why not?
- In the book, the author created a character for her intuition named Charlotte. Do you think this approach was effective? Why or why not?
- The story in this book took place from the 1990s through 2016. If the story had been set in a different time period, would the outcome have been different for someone struggling with a mental illness and/or homelessness?
- How did this book make you feel?
- Did your opinion of the book change while you read it? If so, how?
- What did you learn from this book?
- How honest do you think the author was?
- Why do you think the author chose to write this book?