

the GLOSS

LOST & FOUND

KATHRYN SCHULZ

1. Did you enjoy the book? Rate it from 1 - 5.
2. Lost & Found isn't your typical memoir, it's a philosophical exploration of loss. How does it compare to other memoirs you've read? Did you appreciate how different it was?
3. Part one of the book is called Lost, and it's all about the author; Kathryn losing her father. Could you relate to her story?
4. Kathryn writes in her book, "Grief confuses us by spinning us around to face backward, because memories are all we have left, but of course it isn't the past we mourn when someone dies; it's the future." Discuss.
5. When Kathryn's father passes away she investigates her new family geometry; had you ever considered that idea before? When we lose someone we're grieving the loss but also adjusting to the new family dynamic.
6. The second part of the book is Found, and Kathryn's beautiful new relationship. How did the second part contrast to the first? Did reading the first effect the way you received the second?
7. "That is how I feel: that finding one's beloved is an "Astonishment," to borrow the title of that Szyborska poem, because, cosmically speaking, there is so much time and space in which not to do so." If you have a partner or with past partners - can you relate to this quote? Discuss
8. So much of Kathryn's book is poetic and beautifully written - did you have any favorite phrases or lines?
9. The third part of the book "&" examines the juxtaposition of life and how we are often experiencing conflicting emotions--grief and laughter, love and anger. Did you think it brought the book full circle. Can you remember a time where you felt these opposing emotions?