

A Strange Companion

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This reading group guide for A Strange Companion includes suggested discussion questions intended to help you find new and interesting topics for your group.

1. At the start of the story, Kat is trying, but struggling, to let go of Gabe's memory and move on. How does this change over the course of the book?
2. Is Kat's mother's loss of her husband greater than Kat's loss of Gabe?
3. Do people tend to minimize the loss of a first love, or young love, versus a long marriage? Either way, is it fair?
4. Kat's family sometimes seem frustrated with the way she is—or isn't—handling her grief. Is it offensive to tell people they have to “move on” or is it compassionate? Should others dictate how a person deals with their grief?
5. Kat doesn't always make good decisions in the story. In what ways can grief affect a person's behavior?
6. Have you ever sensed the presence of a deceased loved one? What was it like and how did it make you feel?
7. Have you ever been thinking of someone just as they call you or pop up in your life in some other way? How do you explain this compared to Kat believing Gabe had a message for her?
8. Given that so many people around the world believe in reincarnation, why do you think Western society is so skeptical?
9. At the end of the story, what do you think Kat believes about whether or not Gabe was reincarnated in the body of Mai?
10. By the end of the book, do you think Kat is ready for a relationship with Owen? How do you think Owen feels about her?

You can further enhance your book club meeting by cooking some of the foods mentioned in A Strange Companion. This free recipe book includes Kat's prawn cocktail, her mother's leek and potato soup, and—of course—Owen's legendary chocolate hazelnut marble cake, plus others. [Download here.](#)