

Morsels for the Mind Book Group

Date: October 26, 2015

Book Title: The Life List by Lori Nelson Spielman

Hostess: Nancy Dausman

Food Served: Baked Brie in puff pastry served with crackers, mulled cider, Caesar salad, mushroom quiche, lemon poppy seed muffins, pumpkin bread pudding with whipped cream.

Book Synopsis: Brett Bohlinger is shocked after her mother dies and leaves behind a will that stipulates Brett must complete the life list she had written when she was fourteen. Her mother has given her one year to complete the ten remaining goals on her life list before Brett can receive her inheritance. It seems an impossible task because her dreams as a young teenager seem far removed from her life at age thirty-four. Brett reluctantly sets out to complete the goals, even though some seem to be out of reach, like having a meaningful relationship with a father who died seven years ago. Her journey becomes one of self-reflection as she steps outside her comfort zone, discovers some wonderful new friends and enjoys the reinvention of herself.

Review: Amazon gave the book a rating of 4.6 out of 5 stars. Most of our group liked the book and thought it was a great diversion from some of our “heavy” book choices.

Highlights of Discussion: 1) What kind of goals did we have as young teenagers? 2) What kind of goals would we make for ourselves at our current stage of life? 3) Some didn't think it was fair of Brett's mother to make her jump through so many hoops to receive her inheritance. 4) The Burberry man was too good to be true. He seemed to show his true colors after Brett broke up with him, stating, “How will you ever find anyone better than me?” 5) Brett was a very generous person and willing to help others who were less fortunate than she. 6) Brett's mother had a deep understanding of her daughter and knew she was not happy with the life she was currently living. Having Brett complete her life list enabled her to return to her core values.

Attendance: Julie Coup, Nancy Dausman, Mary Grant, Anne Hill, Laura Lewakowski, Ginny Martin, Nancy McQuate.

Suggestions/ Business: None at this time.