

FACELIFT
Book Club Kit

Playlist:

Mad World - Live (Adam Lambert)
Landslide (Fleetwood Mac)
I Lost Myself (Munn)
Against The Wind (Bob Seger)
Time After Time (Cyndi Lauper)
Turbulence (P!nk)
Lost (Michael Bublé)
Breathe (Taylor Swift, Colbie Caillat)
Cover Me in Sunshine (P!nk, Willow Sage Hart)
Shake it Off (Taylor Swift)
Beautiful (Carole King)
The Story (Brandi Carlile)

Have a mani/pedi party. Wear face masks. Enjoy foot scrubs. Slice cucumbers and cover your eyes. Pamper is the word for the day.

Food and Beverages:

Start with 'Spa water' by using filtered water and add lemon wedges, cucumber slices, or even sprigs of peppermint.

Simple, easy snacky foods. Open a bag of chips, pour in a bowl. Don't make this more complicated than it needs to be. Women, working women, stay-at-home moms, single moms, they all need a break, not more of a burden. Better yet, order in pizza or Thai food. Relax and enjoy. Don't forget to order some ice cream.

Readers' Discussion Questions

1. Have you ever had a facelift? Ouch! Is that a bit too personal? Okay, how about: have you ever considered cosmetic surgery?
2. What insecurity made you want a surgical cosmetic procedure?
3. Do you think it's wrong for a Christian to ever have a cosmetic procedure?
4. In *Facelift*, Kaye feels like her life is out of control. Have you ever felt that way?
5. Have you ever had to do something that you knew was right but you despised having to do it? How did you cope?
6. Have you ever had a person like Marla thrust upon you? Where you had to spend time with

this person or even take care of him or her? How did you manage? Was it easier than you thought? Or tougher?

7. In Facelift, Izzie reacts out of anger to her grandmother by shaving her head. Have you ever responded in a crazy outlandish way? Did you regret it or did you enjoy it? What could have stopped you from behaving that way?
8. Have you ever struggled in your marriage? How did you get through that difficulty?
9. Have you had to surrender your desires the way Kaye does? How did you get to that point of surrender? Did you later regret it? Or were you blessed by it?
10. Have you felt the push/pull of trying to protect your children and yet not place them inside a bubble? How do you relinquish them into God's care?
11. In your own life, what do you need to do in order to find your joy complete?