



YOUR BOOK CLUB RESOURCE

READING GROUP GUIDE

DISCUSSION QUESTIONS

Please note that the following discussion questions contain some spoilers. We recommend not reading ahead if you want to be surprised.

1. In the prologue, we see Josiah and Yasmen young and in love. Later in the book, we get a very different view of their marriage soon after Byrd and Henry have died. And then we see several years post-divorce. Compare and contrast their relationship dynamics in each stage. Who were they then versus who they are now?
2. Details of the two catastrophic losses and Yasmen's subsequent depression unfold over the course of the first few chapters. What emotions did you feel as it became clearer what had happened and how Yasmen had responded?
3. What were your first impressions of Yasmen's two closest friends, Soledad and Hendrix? How did they help with Yasmen's recovery? How are the women alike, and in what ways are they different?
4. Yasmen comes home to find Vashti having dinner and playing games with the kids and Josiah. How did you feel about Yasmen's response?
5. How did reading Josiah's point of view affect your impression of him after the opening chapters of the book from Yasmen?
6. Therapy plays a huge role in the book, and there is a lot of discussion about grief and depression. In some circles, therapy is still stigmatized. How did therapy and perceptions about therapy impact the characters and story? Did it change your views in any way? What were some of the things the story asked you to consider about grief and depression?

7. Did you see any ways in which Yasmen and Deja's relationship was reflected through Yasmen and Carole's? How do mothers and daughters influence each other? And how about Aunt Byrd's role? In what ways do people live on through others?
8. *Before I Let Go* is a romance, but also leans into elements of women's fiction and empowerment. What were some of the elements that highlighted the unique challenges women sometimes face and the various choices the women in this story make? Was there one woman's journey you identified with most?
9. Food is crucial to the story. Discuss the ways—beyond the fact that Yasmen and Josiah own a restaurant—that food is significant.
10. Did you understand Yasmen and Josiah's rationale for keeping their "affair" a secret at first? Did you agree with their reasons?
11. Were Josiah's initial fear and skepticism when Yasmen asked him to come home justified? How did they make you feel?
12. There is some debate about what makes a romance novel and how it should end. If Yasmen and Josiah had decided *not* to remarry but took a page from Ken and Merry's book, would you consider it a happily ever after? Did you agree with their decision?

RECIPES

Aunt Byrd's Limoncello Pound Cake

Ingredients

For the cake

- Cooking spray or vegetable oil, for the pan
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1½ cups unsalted softened butter
- 1¼ cups sugar
- 3 large eggs
- 1¼ cups sour cream
- ¼ cup limoncello
- Zest of 3 lemons

For the glaze

- 1 cup powdered sugar
- 2 tablespoons limoncello
- Lemon zest
- A pinch of “bless your heart”

Directions for the cake

Preheat the oven to 350°F.

Spray a Bundt pan lightly or coat with oil.

In a bowl, mix the flour, baking powder, baking soda, and salt.

In a separate bowl or stand mixer, beat the butter and sugar on medium speed until light and fluffy. Continue beating the butter while adding the eggs, one at a time.

Add one-third of the flour mixture and mix on low. Add one-half of the sour cream and beat. Repeat these steps, ending with the flour mixture. Add the limoncello and lemon zest. Mix until it's smooth.

Pour mixture into the prepared pan. Smooth the top. Bake for 30 minutes on the center rack. Rotate the cake and turn the temperature down to 325°F. Bake for 25 more minutes.

Let the cake cool in the pan for about 15 minutes, then turn the cake out onto a wire rack or cake plate. Let it continue to cool while you prepare the glaze.

Directions for the glaze

Stir the powdered sugar, limoncello, and lemon zest in a bowl until smooth.

Drizzle over the completely cooled cake.

Josiah's Sweet Potato Pie Pancakes

Ingredients

- 1¾ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 2 teaspoons brown sugar
- 1 teaspoon kosher salt
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 2 cups milk
- 2 small sweet potatoes, roasted and pureed until smooth (about ¾ cup puree)
- 2 large eggs
- 1 teaspoon vanilla extract
- Butter, for the pan
- A full cup of swagger

Directions

In one bowl, whisk the flour, baking powder, baking soda, brown sugar, salt, cinnamon, nutmeg, and ginger together.

In a second bowl, whisk the milk and sweet potato puree together. Add the eggs and vanilla.

Combine the wet and dry ingredients and stir.

Melt the butter in a large nonstick skillet or griddle over medium-high heat. Once it foams a little, reduce the heat to medium-low and ladle about ½ cup of pancake batter into the skillet. Cook until you see bubbles form in the batter and the pancake is golden underneath, about 2–3 minutes. Flip and cook it another 2–3 minutes, until golden.

Serve with maple syrup, pecans, or whipped cream—your choice!

My Aunt Evelyn's Corn Pudding

Ingredients

- Cooking spray, grease, or butter, for the pan
- 3 eggs
- 1 tablespoon vanilla extract
- ⅓ cup milk
- ¼ stick butter, melted
- ½ teaspoon salt
- 2 tablespoons all-purpose flour
- ½ cup sugar
- 2 cans cream-style corn
- 1 cup whole corn (frozen, canned, or fresh—your preference)
- A heap of Southern hospitality!

Directions

Preheat the oven to 350°F. Prepare a 9 × 13 baking pan with cooking spray, grease, or butter.

In one bowl, beat the eggs. Add the vanilla extract, milk, and melted butter.

In separate bowl, stir together the salt, flour, and sugar. Then whisk them into the egg mixture.

Fold in both cans of cream-style corn.

If using canned corn, drain half of the water from the can, leaving the other half. Pour the remaining water and corn into the bowl with the other ingredients. If using fresh or frozen, just pour all the corn in.

Stir all the ingredients together and pour them into the prepared pan.

Cook for 45 minutes (the eggs should be set and the top should be brown).

Let the pan sit for 15 minutes and serve!

Soledad's Vinaigrette

Ingredients

- $\frac{3}{4}$ cup avocado or extra virgin olive oil
- $\frac{1}{2}$ cup sherry vinegar
- Juice from half a lemon (or a whole one if you want more twang!)
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$ teaspoon pepper
- Lil' bit o' salt
- 1 tablespoon honey
- 1 hefty dollop of bad & boujee!

Directions

Whisk the ingredients together and pour this over your fave salad! It also makes a great marinade.

VISIT [GCPClubCar.com](https://www.gpcclubcar.com) to sign up for the **GCP Club Car** newsletter, featuring exclusive promotions, info on other **Club Car** titles, and more.



@grandcentralpub



@grandcentralpub



@grandcentralpub