1. After being threatened into secrecy, Jill lies to her husband to protect him. Did you agree with her decision? In what kinds of situations, if any, do you think it’s better to hide the truth like Jill did?

2. While Jill originally goes to her boss to come clean, she hesitates after hearing about her coworker’s incompetence. She realizes her acts of treason could easily be passed off as simple mistakes, yet insists on resigning. What do you think was her main motivator? Guilt? Fear? Given the same circumstances, what would you have done?

3. Jill was willing to sacrifice everything she’d worked her whole life for—as long as it meant protecting her family. In what other ways did you see her prioritizing her family over herself?

4. Through memories of her husband and childhood, Alex wrestles with the concept of motherhood. How do you think her experience with adoption shaped her idea of what it means to be a parent?

5. When Alex’s husband has a sudden change of heart about children, she chooses to stand by her own values and goals. What did you think of her husband’s response? What did you wish he’d done differently?

6. On one hand, Jill risks losing everything she sacrificed her career for by meeting Alex. On the other hand, she risks just as much by potentially letting her story go to the press. What decision were you hoping she’d make? Would you have chosen differently if you were in her situation?

7. As a journalist, Alex’s matter-of-fact bluntness is both a blessing and a curse. In which situations did you see it being the most helpful? Where was it the most harmful?

8. You Can Run explores a variety of relationships, each with their own troubles or imperfections. What did you think was the most important factor in making a relationship work in this book? Which relationship did you like or admire the most? Were you able to empathize with any aspects of any of them?

9. After Alex is attacked in the park, she says, “I’m all in.” What do you think was the most influential factor in her decision? What kind of change in the story did this line signal for you? Did you see a shift in her character at this point?

10. What did you think of the ending? Did you see it coming?