

The Two Lives of Lydia Bird

#1 NEW YORK TIMES
BESTSELLING AUTHOR OF
**ONE DAY IN
DECEMBER,**
A REESE'S BOOK
CLUB PICK

Josie Silver

**BOOK CLUB
KIT**



Hello,

I'm so thrilled you've chosen *The Two Lives of Lydia Bird* as your book club read! It's a story about love in many different forms; romantic, friendship, and family. And it's about loss too, but I hope you'll find the sadness balanced by the light-hearted moments.

I absolutely loved writing Lydia's story. She's a girl at a crossroads she really doesn't want to be at when the story opens—her life has taken an unexpected turn and she feels desperate for all to be as it was. But as she—and you—will discover as you read the book, sometimes what you want isn't necessarily what you need.

I'd love to hear your thoughts! Come find me on social media and let me know.

*Much love,
Josie x*



Discussion Questions

1. After the unexpected death of Lydia's fiancé, she discovers that—with the aid of sleeping pills—she can visit a world in which he didn't die. Soon, she is spending her days waiting to go to sleep to see him. Do you think that this was a healthy way for her to cope with what happened?
2. Lydia wrestles with placing the blame for Freddie's death on Jonah's shoulders for quite some time; do you think this is an understandable reaction? Why or why not?
3. Lydia is not the only person struggling with Freddie's death—Jonah is also mourning his best friend. In what ways are Lydia's and Jonah's journeys through grief similar? In what ways are they different?
4. Throughout the novel, Lydia's friends and family try to help her heal and put her life back together. Have you ever helped a friend or a family member through a difficult time? What obstacles do friends and family face when they try to help their loved ones through this kind of loss?
5. Elle is perhaps the person Lydia leans on the most as she copes with the changes in her life; in what ways is Elle there for Lydia, not just as her sister, but as her best friend?
6. After some time, Lydia tentatively begins dating again. How did you feel when she began to get close to Kris? In what ways is their relationship important for Lydia? For Kris?
7. Lydia had an unexpected reaction after the birth of her niece. Did you sympathize with her or find her selfish? Did you view her time abroad as running away from her problems or as giving herself space to process her feelings? How did you react to Lydia during this part of the novel?
8. As Lydia spends more time "asleep" with Freddie, their relationship hits several discordant notes. What did you attribute the tension to? What, if anything, did these moments reveal about Freddie and Lydia's relationship?
9. While the primary difference between Lydia's "asleep" world and the real world is that in the former, Freddie is still alive, there are a number of other differences as well. What are some of these, and why do you think the author emphasizes them? What do you think they are meant to show?
10. As Lydia emerges from her grief, we see her begin to take care of the people who have been taking care of her since Freddie's death. Were you able to relate to Lydia's journey back to herself and her family? Have you been on any personal journeys of your own that helped you relate to her?
11. After reading the novel, do you believe a person can have more than one "happy ending" in life? Why or why not?

Coffee & Walnut Cake

My favorite recipe for this classic cake. Three layers of delicious coffee sponge packed full of chopped walnuts and topped with smooth coffee buttercream!

PREP TIME	25 minutes
COOK TIME	20 minutes
TOTAL TIME	45 minutes
SERVES	8 people

INGREDIENTS

For the sponge

- 2 tbsp coffee powder (or instant coffee granules ground in a spice grinder or using a mortar and pestle)
- 1 ¼ cups self-raising flour
- ¾ cup soft light brown sugar
- 5 ¾ oz butter
- 3 medium eggs
- 1 ½ tsp milk
- ⅛ tsp salt
- 2 ⅔ oz chopped walnuts

For the buttercream

- 9 oz softened butter
- 4 ¼ cups icing sugar
- ¼ tsp vanilla extract
- 3 tbsp instant coffee granules
- 1 ½ tbsp boiling water

To decorate

- 1 oz chopped walnuts
- A handful of walnut halves

INSTRUCTIONS

Make the sponge

1. Preheat your oven to 320°F or 285°F if fan-assisted.
2. Line three 7-inch diameter round sandwich tins.
3. Sift the self-raising flour and coffee powder into a large bowl and add salt. Add the remaining ingredients (eggs, butter, soft light brown sugar, and milk) and mix until fully combined (either by hand or using an electric mixer on a low speed). Fold in the chopped walnuts.
4. Divide the mixture equally between the three tins.
5. Bake for 20–25 minutes until a skewer inserted into the middle comes out clean. Leave the cakes to cool in their tins for about 10 minutes, then remove and place on a wire rack to cool fully before decorating.

Make the buttercream

1. Mix the instant coffee granules with the boiling water and set aside to cool.
2. Cut the butter into cubes and beat on a low-medium speed until soft. Add the icing sugar (gradually, to stop it flying everywhere) and beat until fully combined.
3. Add the vanilla extract and add the coffee a teaspoon at a time, beating in each addition before adding more.
4. Check the consistency of your buttercream. It should be soft and perfect for piping at this point. If it's still a little stiff, beat in a little milk.

Decorate

1. Place the bottom layer of your cake onto your chosen dish. Cover with a third of your buttercream. Sprinkle over half of the chopped walnuts.
2. Place another layer on top and repeat the last step.
3. Place the final layer on top. Decorate with the remaining buttercream, then finish with the walnut halves.

Crustless Mini Quiche

These single-serving breakfast muffins are healthy, easy, and always ready when you're on the go! I like to make them at the beginning of the week, so they're always on hand in the fridge or freezer. Plus, they're naturally gluten-free.

PREP TIME	10 minutes
COOK TIME	25 minutes
TOTAL TIME	35 minutes
YIELDS	16-18 muffins

INGREDIENTS

Base

- 12 large eggs
- ½ cup heavy cream
- ¼ cup milk
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh basil, chopped (or herb of choice)
- ¼ tsp salt
- ¼ tsp pepper

Veggies

Feel free to sub in whatever veggies you like or have on hand. I used about 3–4 cups of chopped veggies in total and wouldn't suggest using much more, otherwise you won't have enough egg mixture to go round.

- 1 cup broccoli, cut into teeny tiny florets
- 1 cup fresh spinach, roughly chopped
- 1 red bell pepper, chopped small
- ¼ to ½ cup onion, diced fine
- 1 jalapeno pepper, seeds and veins removed, diced fine

Optional Add-ins

- 1½ cups cheddar, gruyere, mozzarella, or other cheese, divided
- 1 lb bacon, sausage, or other meat, fully cooked

INSTRUCTIONS

1. If using meat (bacon, sausage, etc.), cook it fully first. Set aside to cool, then cut into small pieces.
2. Preheat oven to 375°F and thoroughly grease a muffin tin.
3. In a large bowl, whisk together the eggs, cream, milk, parsley, basil, salt, and pepper. Set aside.
4. Get all your veggies diced up and ready to go. Optionally, you can sauté your onion with a bit of olive oil to soften it up and take away some of its bite. Set aside and allow to cool.
5. Add all the veggies to the bowl with the egg mixture, and stir to combine. Stir in half of the cheese and all of the meat, if using.
6. Using an ice-cream scoop or ¼ cup measure, scoop the mixture into the prepared muffin pan. Fill to about a quarter inch from the top, then sprinkle a small amount of remaining cheese over each. Place in the oven, and bake for 20–25 minutes, or until the egg is fully set and the cheese has just started to turn golden on top.
7. Remove from the oven and let cool for 5–10 minutes before running a butter knife around each muffin and gently removing from the pan. Enjoy while warm, or let cool completely before storing in an airtight container in the fridge. Leftovers can be reheated for several seconds in the microwave, or a few minutes in a preheated oven or toaster oven.

Playlist

1. **Ocean Breathes Salty** • Modest Mouse
2. **Tears in Heaven** • Eric Clapton
3. **Keep Me in Your Heart** • Warren Zevon
4. **I'll Be Missing You** • Puff Daddy and Faith Evans featuring 112
5. **It's All Coming Back to Me Now** • Celine Dion
6. **Un-break My Heart** • Toni Braxton
7. **How Do I Live** • LeAnn Rimes
8. **Like the Deserts Miss the Rain** • Everything But the Girl
9. **My Heart Will Go On** • Celine Dion
10. **Fire and Rain** • James Taylor,
11. **See You Again** • Wiz Khalifa featuring Charlie Puth
12. **Don't Get Around Much Anymore** • Ella Fitzgerald
13. **My Immortal** • Evanescence
14. **To Where You Are** • Josh Groban
15. **One Sweet Day** • Mariah Carey and Boyz II Men
16. **Together Again** • Janet Jackson
17. **Who Knew** • P!nk
18. **If I Have to Go** • Tom Waits

