The Five Widows Club Quick Book Club Guide

Why This Book Works for Book Clubs

A powerful story about grief, friendship, and learning how to live forward after loss: each character brings a different perspective, making it perfect for honest, meaningful conversation.

Start Here (5–10 minutes)

- What emotion stayed with you after finishing the book?
- Which character did you connect with most?

Key Themes to Discuss

- Grief looks different for everyone
- The power of being seen and heard
- Friendship as a lifeline
- Identity after loss
- Love doesn't end, it changes shape

Core Discussion Questions (Pick 3–5)

- Which character's journey impacted you the most and why?
- How did the group dynamic help (or challenge) each woman?
- What does "moving forward" look like in this story?
- Did this book change how you view grief or widowhood?
- What message do you think the story leaves us with?

Create the Experience (Optional but Powerful)

- Sit in a circle (just like the group in the story)
- Keep the space judgment-free
- Allow silence and reflection
- Let people share but never pressure anyone

Close the Conversation

What will you carry with you from this story?

Continue the Conversation

- Widowhood Real Talk with Dr. Tina Podcast https://widowhood-realtalkwithtina.org/podcast/
- Invite Dr. Tina to join your book club discussion at tina@tinafornwald.com