

UNEARTHED:
Love, Acceptance and Other Lessons from an Abandoned Garden

Book Club Discussion Guide: Page 1



1. The chapters are organized by plant names. Why do you think the author did this? Did you find this effective? Why or why not?

2. When deciding whether or not to buy the house, the author sees the floral wall mural and writes, “Something deep down, unrecognizable, summons me, taunts me, implores me.” What do you think is calling her?

3. What role did the garden play in the author’s relationship with her mother? Have you personally experienced the power of nature with a parent?

4. Why do you think the author’s quiet Father brought home the puppy?

5. At one point, the author states, “But after all the years of silence, my parents’ unknown history is like a defective magnet that attracts and repels me simultaneously.” How does she overcome her competing emotions? Have you experienced a similar internal struggle?

6. How does the author’s husband support her in her journey?

7. The author draws a parallel between her and her mother. “We are both reliving the past – her in her memory, and me in my research. Sadly, we walk alone.” Later, she states, “It is a crazy stupid twist of fate, as I have to find my own way in while she takes her way out.” How do you feel about mother-daughter bonds?

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8. What did the following symbolize in the book: the pagoda, the oaks, the deer? Did the use of symbolism enrich the author's story? Were there other symbols you appreciated?

9. The author adores Gordon Lightfoot and his music. Why?

10. How does the author's appreciation for her son Max change and grow through her journey?

11. At what point does the author make peace with her Father's memory?

12. What does the author mean when she states "...size doesn't matter because for me a garden is a state of mind." How do feel about Sonia's sentiment that "her love for the garden is primal, like hope."

13. The author calls nature her "new religion." Why? How would you describe your own relationship with nature? Have you tapped into its healing powers?

14. The author defines her parents' legacy as, "independence, and a connection to the land". How did you respond to her journey? Did the book make you think about your own family legacy?

15. Did you enjoy the recipe and craft ideas in the book? Were any of them surprising?