

**Reading Group Guide for
On a Coastal Breeze
by Suzanne Woods Fisher**

(Spoiler alert—these questions assume you've already read the book)

1. This novel has many subthemes, but one major one: to face your deepest fears. Pastor Rick said, "I think everyone has a Jonah moment. Everyone." He meant that we all have an imagined worst-case scenario, something that could take us down. Something we don't think we could ever recover from. Do you agree or disagree with Rick's remark? And why or why not?
2. Over the last year, Maddie did a lot of work to curb her anxiety (she preferred to call it *hypervigilance*). She developed techniques to control panic attacks so they could be nipped in the bud: breathing, prayer, and meditation. And they all helped with the symptoms . . . but not the source. What was at the core of Maddie's anxiety?
3. It's not hard to see why women were drawn to Rick O'Shea. His George Clooney-ish looks, his dynamic personality, strong and fearless. As Maddie noted, he was unapologetically masculine. But aside from the fact that she was the one girl he could never impress, why do you think Rick was smitten with Maddie?
4. Rick told Maddie, "A boy can get his heart broken too." Doesn't it seem as if girls and their emotions claim all the attention? It's easy to minimize boys' feelings. How would this story have changed if Maddie had realized she had broken Rick's heart?
5. Blaine is a frustrating character. So talented, so full of potential. She gets *this* close to a finish line, then drops out of the race. Why? What do you think she's looking for? And why isn't she finding it? What does her missing palate represent? If you were in Blaine's shoes, what might "go missing" for you?
6. Name a few pivotal moments in the book when Blaine calls out, though no one listens to her. Why do you think Blaine sees her family's situations in a different light? And why do you think her family ignored her advice?
7. Cam's motto: If something is worth doing, it's worth overdoing. Her energy project for the island would provide multiple benefits for everyone on the island. It's easy to see how it became a priority to her. A passion. But at what cost?
8. Cooper is a funny, complicated, endearing little boy. Cam, as his adoptive mother, seems like a total mismatch for him. While Cooper and Cam might be extreme characters, the mismatch of personalities in a family is not such an unusual situation. Cam felt defeated by their differences. But how was Cooper so good for her? And she for him?
9. Paul Grayson turned sixty. Normally decisive, he suddenly couldn't make a decision. He lost his enthusiasm for Camp Kicking Moose. What were some of the reasons behind Paul's sagging season? What advice would you give him?
10. *Say only what is necessary.* That was the advice Paul's speech therapist gave him to avoid undue strain on his damaged vocal cords. What kind of wisdom did Paul, as a father to three daughters, discover in that advice?

11. Rick asked Maddie, “What would change if you knew you might die today? Or next month? Or next year?” How would you respond to that question?
12. Did you catch the connection between Maddie’s client, Elizabeth, and the cardiologist who treated Rick at the hospital? What was their link?