

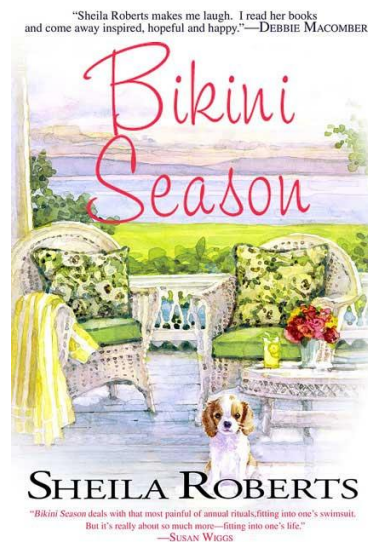
READING GROUP GUIDE

Bikini Season

By Sheila Roberts

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About this Guide

The following author biography and list of questions about *Bikini Season* are intended as resources to aid individual readers and book groups who would like to learn more about the author and this book. We hope that this guide will provide you a starting place for discussion, and suggest a variety of perspectives from which you might approach *Bikini Season*.

About the Book

Erin Merritt has returned to her scenic hometown of Heart Lake to plan her wedding, but when she repeatedly runs into her childhood crush, she wonders if she's engaged to the wrong man. To make matters worse, all the stress is making her eat, and now she can't fit into her wedding dress.

Erin enlists the help of her cooking club--Angela, Megan and Kizzy--and the Teeny Bikini Diet Club is born. The women make a pact to get slim enough to wear their bikinis to the lake by summertime, a pact that changes their lives forever. With a little help from her friends, Angela faces her fear that her marriage is crumbling. Megan confronts the self-esteem issues that have always held her back. Kizzy deals with her husband's efforts to sabotage her diet and keep her overweight. And Erin learns some important truths about love.

Pull up your favorite beach chair and savor this funny, inspiring story about being true to yourself and following your heart, and the women who enrich our lives.



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About the Author

Sheila Roberts is the author of *On Strike for Christmas*, *Small Change*, *The Snow Globe*, and other bestselling books. Before settling into her writing life, Roberts did lots of other things, including owning a singing telegram company and playing in a band. Now, when she's not speaking to women's groups or at conferences, she can be found writing about the things near and dear to women's hearts: family, friends, and chocolate. She lives on a lake in Washington.

Discussion Questions

Have you ever had to hit the diet trail? If so, could you identify with any of the characters. diet journeys?

When you are on a diet, what is your biggest temptation?

If you were Erin, would you have dumped Adam sooner? When and why?

Do you think Erin was justified in being a . bitter big girl. ? Are we Americans prejudiced against people who are overweight? What do you think when you see an overweight person?

Between magazines ranging from Light Cooking to Bon Appétit and the Food Network, do you think we Americans focus too much on food? Was that a problem for any of the characters in this book?

Did you find the amount of weight the women lost believable? What was the most weight you ever lost?

What do you think about the idea of setting goals and then using your girlfriends as a support group to help you achieve those goals? Have you ever tried this before? Did it help you? Did it help your friends?

What did you enjoy most about this book?

For more reading group suggestions, visit

www.readinggroupgold.com

