Discussion Guide



Definitely Better Now
Ava Robinson

Mira
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352 pages
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Alcohol Use Disorder

Summary

Sobriety is turning out to be far from the flawless future Emma had once envisioned for herself, but as she allows herself to open up to Ben and confront difficult past relationships, she's beginning to realize that taking things one day at a time might just be the perfectly imperfect path she's meant to be on. Bittersweet and darkly hilarious, Ava Robinson's debut novel about navigating sobriety and complicated family dynamics is witty, heartbreaking, and profoundly relatable.

Questions

1. What were some of the major themes of the book? Are they relevant to your life?
2. Do you think Ava Robinson portrayed the AA experience authentically? Did you learn anything about sobriety culture?
3. What do you think of the book's title? How does it relate to the book's contents? What other
4. title would you suggest?
5. Share a favorite quote from this book. Why did this quote stand out?
6. What emotions did the book evoke for you? (sadness, joy, anger, etc.)
7. Emma realizes that sobriety doesn't equal a perfect life. Did you find Emma's struggles
8. (family, work, dating) relatable? Which parts resonated with you?
9. What do you think is particularly significant about this book?
10. How does the author use humor to tackle serious subjects like addiction and family trauma?
11. How do unresolved issues with her parents impact Emma's recovery and personal growth?
12. Why do you think the author chose to tell this story?
13. Was the ending satisfying? Was anything left unresolved?

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