
**WEDNESDAYS AT
ONE**

READING GUIDE



1.

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When we meet Gregory, he's already asking for forgiveness, though it's not yet clear what for.

How did this color your initial impressions of Gregory? Did you have any predictions of what he was hoping he'd be forgiven for?

2.

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Mira's arrival is obviously jarring for Gregory, though he can't seem to figure out why.

Why do you think Mira stuck so easily in Gregory's head? Did you have any predictions about who Mira was when you began the book?

3.

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Phil stops by the house with freshly baked bread. Gregory has an opportunity to tell him about Mira but doesn't.

Why do you think Gregory kept Mira a secret from Phil? What do you think would have been different if Phil had known?

4.

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In their second session, Mira accuses Gregory of not being well enough to help her and not communicating honestly. Did you expect this encounter? Did you wonder how Mira understood Gregory's internal struggle?

5.

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Liv and Gregory's first date is in a cemetery, though they've already known each other for a few months. While they're there, Gregory starts to tell Liv about the hit-and-run his friend Joey was involved in, but her reaction stops him from telling the whole story.

What do you think would have happened if Gregory had told Liv everything right then? Do you think it would have changed their relationship?

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While Gregory, Liv, and Carrie are visiting Gregory's father for his birthday, Gregory's sister Margaret asks him to carry a package and tells him to be careful because it's breakable. The author writes, "Gregory lifted the package, feeling the thin glass through the wrapping. Everything felt so fragile these days."

What was it about Gregory's life that felt fragile or breakable? What could he have done to keep it from feeling that way? How do you think this statement related to both Gregory's relationship with Mira and his relationship with his family?

7.

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When Phil arrives in the office at the same time that Mira is scheduled, Mira doesn't show up. Gregory and Phil have a tense conversation and then, once Phil leaves, there's Mira.

Why was Gregory and Phil's conversation so fraught? Did their interaction surprise you, or did you expect it?

8.

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As the book continues, we learn more about Liv and Gregory's early relationship, including their first intimate night together. The author writes, "Lately, the shelter of sexual healing had declined with her waning libido, his demanding work schedule, and the unpredictable comings and goings of hyperaware teenagers in a creaky Victorian that failed to hide sounds. He wasn't so keen anymore, either. Not with Liv. He feared if he left himself be vulnerable, she'd finally figure him out."

Why was Gregory so afraid of Liv figuring him out after all the years of their marriage? Why do you think he was able to be vulnerable with her (at least sexually) in the beginning of their relationship? What changed?

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Gregory's conversation with Margaret while their father is stabilizing opens him up and maybe clarifies some of his feelings.

What about their conversation was revelatory to you? Why do you think their conversation led to Gregory buying a mattress to sleep on in the garage?

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After catching Carrie smoking weed with her friend Jessie, Gregory gives her the option to tell her mother or spend the whole day with him without her phone. He even allows her to drink the alcohol she and Jessie had ordered with Jessie's fake ID.

Did you respect Gregory's handling of the situation? How did their day together impact Carrie? How did it impact Gregory?

11.

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When Gregory's father is dying, Gregory is more concerned with returning to Cambridge to speak to Mira, and it causes problems between himself and Carrie, Liv, and Margaret.

Why was it so important for Gregory to see Mira, especially when he'd already left her a note? Do you think he could have handled the situation with his family differently?

12.

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Gregory's final conversation with Mira allows him to forgive himself, but it has a dramatic impact on his relationship with Liv.

Why do you think Liv was listening to Gregory's conversation outside of his office? Could Gregory have prevented things from ending up this way?

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At his father's funeral, Gregory finally tells his story, and Joey's.

Why was this decision important to Gregory? Do you think it changed how his family felt about him?

14.

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Later, we learn that Phil knew Mira when she was alive.

How does this change how Gregory sees Phil? What about how he sees Mira?

15.

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In the end, Gregory takes Liv to see Mira's headstone in order to try and explain to her what happened.

How did Liv's reaction make you feel? Do you agree with Liv's response?

16.

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What about this book was surprising to you? What wasn't surprising?

17.

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**How did this book make you
think differently about healing
and trauma?**

18.

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What would you do if one day a ghost from your past showed up?