A Book Club Guide to Last Morning at Nora's Table: A Memoir with Recipes

1. Kathy writes about how the abuse in her childhood impacted her ability to manage difficult employees in her restaurants. When you look back at your childhood, what experiences did you have that influenced your work or professional life?

2. Kathy had two distinct careers: journalist and chef. And now you might even say three careers, because she's an author. Have you changed careers in your life? What was satisfying, or challenging, about that change?

3. In her childhood, her mother's abuse, prescription drug use, and mental illness were all kept quiet or excused away by the rest of the family. How did family secrets affect your childhood, or other members of your family?

4. Did you find yourself becoming frustrated as you watched Kathy make the same mistakes over and over as she managed difficult employees? How common do you think that is? Do women managers attempt more often than men to manage by consensus and collaboration? Is it wise to try to do that?

5. In *Bird by Bird* Anne Lamott wrote, "You own everything that happened to you. Tell your stories. If people wanted you to write warmly about them, they should have behaved better." Kathy talks frankly about her experiences working with difficult people. She changed some of their names. What did you think about her level of honesty? Should she have swerved away from those stories?

6. Recently, the federal government has drastically reduced food inspections, and food-borne illness has been on the rise. Kathy worked hard at her restaurants to involve local farmers, fishers and ranchers because she thought the food simply tasted better, and was fresher and safer. How important is it to you to eat locally? Have you increased the quantity of food you buy from local sources?

7. The restaurant industry is continuing to evolve, with less table service, more self service, and more take-out. The price of food and labor has dramatically increased the cost of dining out. What do you like to experience when you go out to eat?

8. Have you cooked any of the recipes in the book? What did you think?