

DISCUSSION QUESTIONS FOR

*The Angel in My Pocket:
A Story of Love, Loss, and Life After Death*

By Sukey Forbes

1. Have you ever experienced a personal tragedy or deeply scarring event in your life? What effect did it have on you? How did you move forward?
2. Forbes struggled to express her grief after her daughter Charlotte died. What did you make of Forbes's comparison between her husband's very emotional expression and her own reserved expression? Is there a right and wrong way to grieve?
3. Forbes details her family history and heritage, especially as it's displayed on her family property, Naushon Island. How do you document and remember your ancestors? What family stories do you keep alive through re-telling?
4. Forbes quotes Emerson saying, "In Nature every moment is new." Forbes finds much solace in nature after her daughter dies. Can you relate to this? Where do you go to feel spiritually connected?
5. In the book, Forbes says she realized after Charlotte died that she could die, exist, or live. What differentiates existing from living? How did Forbes come to the realization that she wanted to fully live again?
6. The title of the book comes from a visit to a prominent medium who enables Forbes to contact Charlotte on the other side. What is your opinion of mediums and clairvoyants? Would you consider using one to contact a deceased loved one?
7. Charlotte's life is honored in this memoir and her family keeps her memory alive in various ways. Forbes writes "There is still room for grief even while I'm full of life." How has Forbes changed from the beginning of the book to the end?
8. What did you take away from this book? Did it make you think about love and loss in your own life?