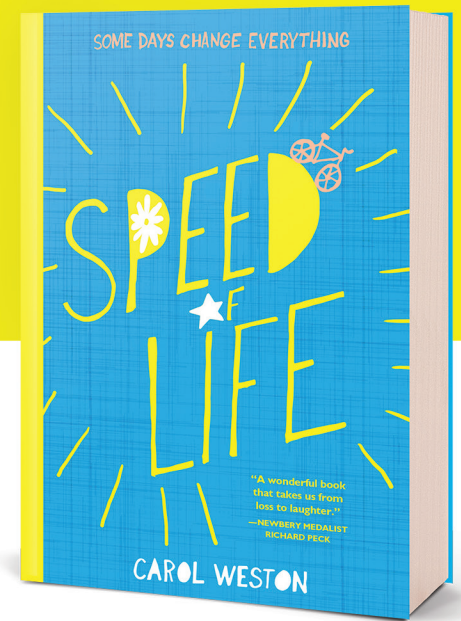




# SPEED ★ F LIFE

by CAROL WESTON



## SOME DAYS CHANGE EVERYTHING...

Sofia lost her mother eight months ago, and her friends were 100% there for her. Now it's a new year, and they're ready for Sofia to move on.

Problem is, Sofia can't bounce back, can't recharge like a cell phone.

She decides to write Dear Kate, an advice columnist for *Fifteen Magazine*, and is surprised to receive a fast reply. Soon, the two are exchanging emails, and Sofia opens up and spills all, including a few worries that are totally embarrassing. Turns out even advice columnists don't have all the answers, and one day, Sofia learns a secret that flips her world upside down.

**“The multicultural cast is led by the completely likable Sofia... Complex characters and a strong voice make this one stand out.”**

—Kirkus Reviews, Starred Review

**“A wonderful book that takes us from loss to laughter.”**

—Richard Peck, author of *The Best Man* and Newbery Gold Medalist *A Year Down Yonder*

**“You won't want to put it down. But my advice is slow down and savor this delightful book, full of *cariño*, funny and heartfelt, and (spoiler alert) not just for teens.”**

—Julia Alvarez, author of *In the Time of the Butterflies* and *Return to Sender*



## ABOUT THE AUTHOR

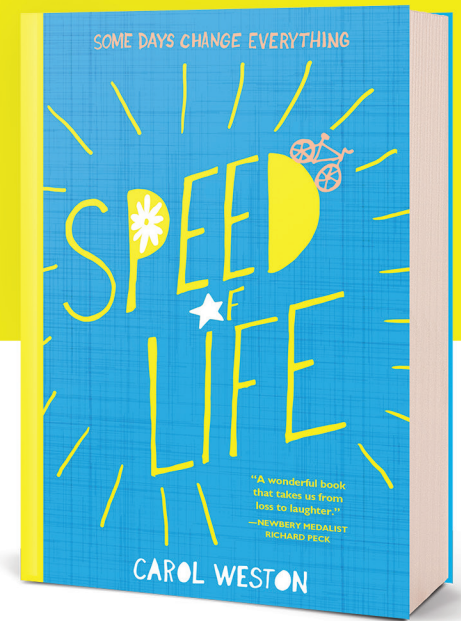
Carol Weston has been the Dear Carol advice columnist at *Girls' Life* since 1994. Her sixteen books include *Ava and Pip*, *Ava and Taco Cat*, *Ava XOX*, *The Diary of Melanie Martin*, *Girltalk*, and *Speed of Life*. Her newest novel, *Speed of Life*, is coming out in April 2017. A summa cum laude Yale grad, Carol has a master's in Spanish from Middlebury. She lives in Manhattan. Her website is [CarolWeston.com](http://CarolWeston.com).

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1. Why do you think the novel is called *Speed of Life*? Do you think some days fly while others crawl? Why?
2. Sofia and Kiki are best friends. How hard is it for friends to understand and support each other when their experiences and challenges are so different?
3. Secrets: When should they be kept, and when should they be shared?
4. How long does it take to grieve? Do you think there's a right answer to that question? The book begins: "Warning: this is kind of a sad story." Do you agree?
5. The book starts and ends on January 1, and each chapter is a month. Do you think this structure works?
6. Sofia wonders if she is in love. What do you think?
7. Can you imagine confiding in an advice columnist? Do you think the author—who is also an advice columnist—really has received thousands of questions over the years? How would you feel if your parent answered letters from kids your age?
8. Some things are out of Sofia's control, but Sofia gets to decide where to go to high school. Would you have made the same decision she did?
9. Name five ways in which Sofia's life has changed by the end of the book.
10. Fact: The author wrote the Mother's Day scene on the anniversary of her father's death. She was crying at her keyboard. Does this surprise you?
11. Which character(s) did you like most? Why? What do you think might be in store for that character in the next twelve months?