



Paris MY SWEET



Book Club Discussion Question

Chapter 1: A Whole New Batch of Bonbons

- When Amy is given the opportunity to work in Paris for a year, it opens up a whole new world of possibilities...but also forces her to question whether or not she wants to leave her current life in New York.
 - What did you find interesting about her struggle to make a final decision?
 - Have you ever had to make a difficult decision about where to move? What helped you make the final decision?
 - Would you move to Paris for a year if you were given the opportunity? Why or why not?
 - Amy specifically looks forward to the amazing cafés and patisseries in Paris; what would be on the top of your list of things to see/do in a new city?

Chapter 2: Cupcakes—The Comfort of Home

- Amy discusses how the French have a deep appreciation for food.
 - Do you agree/disagree with this comment?
 - What similarities/differences do Americans and French have in relation to food?
- She also mentions that prepackaged sweets are one of her guilty pleasures.
 - What is your guilty-pleasure sweet, and how do you feel when you think about it?

Chapter 3: Stick-to-Your-Teeth Hot Cocoa

- Amy felt personally responsible for making sure that her parents truly saw how wonderful Paris is when they came for a visit. Have you ever shown an out-of-town friend your hometown? Did you have the same desire to make them fall in love with your home? If yes, why?
- Do you feel that, in general, people hold things to a higher standard for their family, their close friends, or for their acquaintances?

Chapter 4: Bonding over French Viennoiseries

- Even though Amy was familiar with croissants before she moved to France, she mentions that the American version of the croissant pales in comparison to its French counterpart. Have you ever had a different variation of a familiar dish? What was your initial reaction to the differences?
- Moving to a new city can be exciting, but it also comes with a set of challenges. What do you think Amy's biggest challenges were in Paris?

Chapter 5: The Big Apple Does Macarons

- When Amy returns to New York on vacation, she has difficulty figuring out where she fits in at first. Have you ever felt torn between two different places?
- Macarons are famously difficult to make, but the end result is well worth the effort. Do you think macarons could be a metaphor for Amy's life in Paris?



Chapter 6: Crumbling over Perfection

- How does a messy, rhubarb apple crumble help Amy come to terms with her chaotic work life?
- Do you put a lot of pressure on yourself? Do you feel the need to be perfect in the eyes of others?

Chapter 7: Cakes to Be Loved and Cherished

- How does Amy's actual dating life in Paris compare to her dating expectations? Have you experienced a similar situation?
- Do you ever use food as a substitution for something else you desire? How does it make you feel?

Chapter 8: A Good Chocolate Chip Cookie Is Hard to Find

- Amy has difficulty "infiltrating" the French way of life. Have you ever been in an uncomfortable work or social situation that left you feeling like an outsider? How did you manage the situation? Was the experience similar to what Amy went through in Paris?
- Have you ever been in a situation where you were unable to properly communicate with someone because of a language or cultural barrier?
- Sometimes, even when you speak the same language, you might not "get" someone and vice versa. What do you think contributes to such impasses?

Chapter 9: The Ecstasy of Madeleines and Muffins

- Going to the doctor can be stressful, even when you're in your home country; what added stress does Amy face when she visits her French doctor?
- Do you think Amy's French doctor responded in a manner that is similar to American doctors? Why or why not?
- How do you handle upsetting news? Do you react in a similar way that Amy does?
- What do you think about women who may have stronger career than family inclinations?

Chapter 10: Carrot Cake Is the New Banana Cake

- Velour tracksuits, tattoos, and fake tans are not something that most people would miss while they are away from America; however, it's always the little things that remind you that you're finally home. Have you ever been far away from home? What silly things were you most excited to see when you came back?
- Have you ever experienced an event that made you reassess your priorities?
- Have you ever hit a rough patch, either at work or at home? Were you able to push your way through? Did anything help you along the way, and did you learn anything about yourself throughout the experience?



Chapter 11: Resurrection Comes from Baba au Rhum

- Cultural differences increase Amy's difficulty at work; however, after nearly a year she is surprised to learn how much she genuinely loves her job. Have you ever gone through something similar? When did you finally realize that you had moved through the initial stage of unhappiness?
- Amy has the opportunity to receive an award at La Coupole; have you ever had a "movie star" moment?

Chapter 12: French Toast or Pain Perdu, That Is the Question

- What is the most difficult decision that you have ever had to make? How did you finally come to a conclusion?
- Amy wonders whether fate brought her to Paris. Do you think that fate plays a part in our destinies, or do you think that we are in control of where we end up?
- Paris or New York? Amy struggles with her decision between the two. Which city would you choose? Why?

Chapter 13: One of Life's Best Surprises: The Baker's Dozen

- Have you ever been on an adventure like Amy's?