



BOOK  
CLUB  
KIT

IN  
EVERY  
LIFE

A NOVEL

REA  
FREY

After making a wish, Harper wakes up to find herself in a parallel universe . . . where her what-ifs are reality. Is the grass really greener, or is she standing right where she should be, even as she inevitably faces the pain of losing the one she loves?

**Dear Reader,**

Thank you for choosing *In Every Life* for your book club. This novel holds a special place in my heart, as it delves into themes of love, loss, and the difficult crossroads we face in life. Harper's journey is one of self-discovery, healing, and the profound understanding that sometimes, life offers us second chances in the most unexpected ways.

As you read, I hope you find yourself reflecting on your own what-ifs and the paths not taken. Harper's story is a testament to the resilience of the human spirit and the transformative power of love, even in the face of profound grief.

I am excited to share this story with you and look forward to hearing your thoughts and insights. I hope Harper's journey inspires you to cherish every moment and embrace the possibilities that life presents.

**Here's to life.**

*Rea*



# Praise and Reviews

“[Rea] Frey’s latest explores dual realities. Harper’s husband has cancer, and he wants her to find a new partner before he dies. She doesn’t agree but then encounters the man who got away and finds herself in a parallel universe where all her what-ifs are reality.”

—*Library Journal*



“Devastating, thought-provoking, and hopeful, Rea Frey plays deftly in the tantalizing world of ‘what if . . .’ *In Every Life* is a gem!”

—Emma Grey, author of *The Last Love Note*



“A perfect tale of ‘what if.’ Frey broke my heart into a million pieces, then tenderly put it back together with her deeply moving message that sometimes the truest way we can love someone is by letting them go.”

—Kate Robb, author of *This Spells Love*

# Praise and Reviews

“Seamlessly weaving together three timelines of ‘What is,’ ‘What was,’ and ‘What if,’ Rea Frey’s *In Every Life* is an incredibly relatable story for every woman who has ever faced an impossible situation and wondered what if she had made a different choice. Perfect for fans of Taylor Jenkins Reid’s *Maybe in Another Life* and the film *Sliding Doors*, Harper’s journey is an exquisite reminder that there are no coincidences and that life unfolds exactly as it is meant to.”

—Sara Goodman Confino, bestselling author of  
*Don’t Forget to Write*



“In this heartfelt, poignant novel, Rea Frey has crafted a stirring narrative that grips the heart, uplifts the spirit, and takes the reader on a journey of life-changing events that shapes the characters while dabbling in the idea of how their worlds would shift if they altered one moment in their past.”

—Jennifer Moorman, bestselling author of *Magic All Around*



# Author Q&A

**Q: What inspired you to write *In Every Life*?**

A: I had two friends who went through a very intense cancer journey and came out on the other side, which really inspired Ben and Harper's journey. I also love contemplating the what-ifs in our lives and how different choices could lead to entirely different outcomes. I wanted to explore the idea of parallel universes and the impact our decisions have on our destiny.

**Q: How did you develop the characters of Harper, Ben, and Liam?**

A: Harper, Ben, and Liam were developed with a focus on their unique emotional journeys. Harper represents resilience and the search for fulfillment, Ben embodies unconditional love and selflessness, and Liam reflects the lingering power of first love and unfulfilled dreams. Each character's depth and complexity evolved as the story unfolded.

# Author Q&A

**Q: What do you hope readers take away from this book?**

A: I hope readers take away the importance of embracing life's unpredictability and the strength found in love and self-discovery. Harper's journey is a reminder that even in the face of loss, there can be hope and new beginnings.

**Q: Can you share a memorable moment from the writing process?**

A: One memorable moment was writing the scene where Harper first wakes up in the parallel universe. It was challenging yet exhilarating to imagine her reactions and the subtle differences in this alternate reality. It felt like stepping into a new world alongside her.

**Q: How do you balance writing emotional scenes with maintaining a hopeful tone?**

A: Balancing emotional depth with hopefulness is crucial. I strive to portray raw, genuine emotions while ensuring that the underlying message is one of hope and resilience. Life's challenges are inevitable, but it's our response to them that defines us.

# Fun Recipe:

## *Harper's Comforting Chicken Soup*

In *In Every Life*, Harper makes her husband a pot of soup. I, for one, love a good pot of soup, especially as the seasons change.



### *Ingredients:*

- 1 whole chicken, about 4 pounds
- 8 cups water
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 onion, peeled and halved
- 3 garlic cloves, minced
- 2 bay leaves
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 cup egg noodles or rice
- Fresh parsley, chopped (for garnish)

### *Instructions:*

1. In a large pot, combine the chicken, water, carrots, celery, onion, garlic, bay leaves, thyme, salt, and pepper.
2. Bring to a boil over high heat, then reduce the heat to low and simmer for about 1 hour, until the chicken is cooked through.
3. Remove the chicken from the pot and let it cool. Once cool, shred the meat and discard the bones.
4. Return the shredded chicken to the pot. Add the egg noodles or rice and cook until tender, about 10 minutes.
5. Adjust seasoning with salt and pepper.
6. Serve hot, garnished with fresh parsley.

This hearty soup is perfect for a book club meeting, offering comfort and warmth as you discuss Harper's journey and the choices we all face in life.

Enjoy the book and the soup!

# Discussion Questions

These discussion questions can also be found on pages 349 and 350 of the book:

1. When Ben presents his Master Plan, Harper immediately dismisses it. If you were in the same position, how would you respond?
2. In one life, Ben is healthy, and in the other, he isn't. Why do you think that is? Circumstances? A different environment?
3. Do you believe in parallel timelines? Why or why not?
4. For Harper, her biggest fear when she is younger is not living up to her potential and settling for an ordinary life. She wants to be an artist and live in New York, but her life swerves in another direction. Does she settle by becoming a teacher and letting her dreams die? Or does she make the right decision?
5. Harper comes face-to-face with the one man who "got away." Have you ever had a big what-if when it comes to love?
6. If you were in Harper's position, how would you have handled Liam showing up? Is it a sign or a test?
7. Do you think it's possible to heal yourself without medical intervention, even if given a terminal diagnosis? Why or why not?
8. Have you ever given up a passion to follow a more stable path? Did you regret that choice?
9. Have you ever had to say goodbye to someone who was still living?
10. Have you ever felt like you were waiting for your "real" life to begin?

# Discussion Questions

11. Do you believe that our minds have the ability to heal our bodies? Why or why not?
12. In the book, Harper has made excuses why she hasn't followed her passions. Can you relate? Why or why not?
13. Harper is very torn between staying loyal to Ben and admitting that still has unresolved feelings for Liam. Do you think she handled that inner conflict well? Were there times you were uncomfortable with her choices, or did you empathize with her struggle?
14. If you could spend time in your "grass is greener" life, what would that look like? Where would you live? What would you be doing? Describe it.
15. At the end of the book, Ben makes a comment that maybe his unborn child is the "new" person Harper was meant to love. Do you agree? Is it her child, or is it Liam?
16. In the end, what do you think Harper learned? How did she change?



REA FREY is the #1 bestselling author of several domestic suspense, women's fiction, and nonfiction books. Known as a Book Doula, she helps other authors birth their books into the world.

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