

Book Club Questions for Wellness by Nathan Hill

1. Reflect on Jack and Elizabeth's relationship at the start of the story. How did their initial love story compare to their relationship two decades later? What pivotal events shaped their connection over the years?
2. In what ways does the novel delve into the challenges faced by modern marriages? Consider the impact of technology, societal expectations, and balancing personal aspirations with family life. How do these factors affect Jack and Elizabeth's relationship?
3. Both Jack and Elizabeth embark on separate journeys of self-discovery. How do these journeys change them individually, and how do these changes influence their relationship? Discuss the significance of their personal growth in the context of their marriage.
4. Hill covers a wide array of themes, including polyamory, psychology, art, and algorithms. Choose one of these themes and discuss how it added depth to the characters or the storyline. How did the exploration of this theme contribute to your understanding of the characters' motivations?
5. How did the supporting characters, such as Toby and Elizabeth's friends, contribute to the story's development?
6. Consider the novel's portrayal of the early 21st century. How does Hill use the characters and their experiences to comment on the state of the world during that period? Are there specific events or cultural phenomena mentioned in the book that resonated with you?
7. Despite its length, *Wellness* is described as engaging and never overly long. What storytelling techniques did Hill use to maintain your interest throughout the 600 pages? Were there specific moments or plot twists that kept you captivated?
8. Share your favorite character or scene from the book. What made this character or scene stand out to you? How did it contribute to the overall narrative?
9. Did you find certain scenes particularly poignant or heartbreaking? How did the characters' emotional journeys impact your own feelings as a reader?
10. How did the story of Jack and Elizabeth make you reflect on your own relationships and life choices? Were there moments in the book that prompted you to reconsider your perspectives on love, marriage, or personal growth?
11. Were there any parts of the book where you felt the pacing was too slow or too fast? Which scenes did you find particularly engaging or challenging to get through?

12. If you could rewrite the ending of the book, how would you conclude Jack and Elizabeth's story differently?
13. Are there unresolved plot points or character arcs you wish had been explored further?
14. Would you recommend this book to others? Why or why not? Who do you think would enjoy reading this novel?
15. What do you think makes "Wellness" a unique read in the context of contemporary fiction?