Discussion Questions for

Regret No More

by Wendy Haller



The following questions should provide a good starting point for a rich and engaging book club discussion about the themes, characters, and plot of the novel.

1. Do you think Justine was a good mother? What moments most influenced your opinion of her?
2. Was Becca justified in keeping her distance from her mother for so many years, or did she hold on to her resentment too long?
3. Becca took on a caregiver role from a young age. How did being the eldest daughter shape the woman she became?
4. At what point did your feelings about Justine change, if they did? Was there a particular moment that changed your perspective?
5. Justine's relationship with her own mother influenced how she parented Becca. How much do we inherit from our parents without realizing it?
6. Can you forgive someone without excusing their behavior? How does that distinction apply to Becca and Justine?
7. Who needed the relationship repaired more, Becca or Justine? Or did they both need it equally for different reasons?
8. Justine asks Becca to keep her cancer diagnosis from her sisters. Would you have agreed to keep the secret? Why or why not?
9. How did Eve's approach to her illness and her bucket list affect Justine? What do you think Justine learned from her friendship with Eve?
10. Do you think Becca truly forgave her mother by the end, or did she simply learn to understand her? Is there a difference?
11. Which character did you relate to most, and why? Was there a character you found yourself judging differently as the story unfolded?
12. The title is Regret No More. What does the title mean to you by the end of the story? What do you think Becca and Justine ultimately learn about regret?
13. If you could join Justine and Eve for one item on Eve's bucket list, which would you choose or what would be on your bucket list?