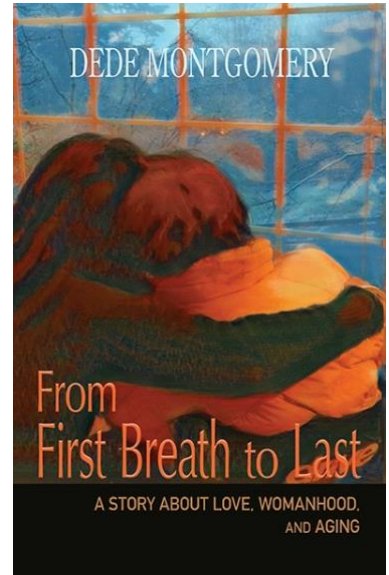




## Book Discussion Starter Questions

### About *From First Breath to Last*:

*"Dede Montgomery honors the forested paths women wander along on their life journey starting in girlhood until they leave their bodies through the tender writings of a mother and daughter through a unique lens. .."*



1. What did you like best about this book?
2. What aspects of the author's story could you most relate to?
3. Share a favorite quote from the book. Why did this quote stand out?
4. What feelings did this book evoke for you?
5. What gaps do you wish the author had filled in? Were there points where you thought he shared too much?
6. What did you think of the book's length? If too short, what would you add?
7. What do you think of the book's cover? How well does it convey what the book is about?
8. Are there things you found unique about this book?
9. Other things you'd like to share?

**About the Author:** Dede Montgomery is a sixth generation Oregonian, blogger and author of *Humanity's Grace*, *Beyond the Ripples*, *My Music Man* and *From First Breath to Last: A Story About Love, Womanhood and Aging*. Dede lives in the Portland area and works at the intersection of workplace safety, health and well-being. Learn more at <https://dedemontgomery.com>