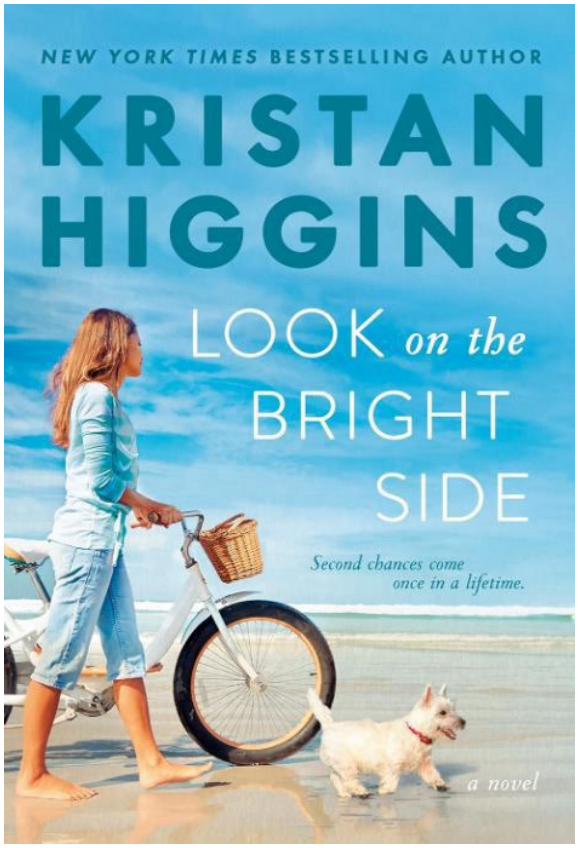
Martin County Library System Book Club Kit:

Look on the Bright Side by Kristin Higgins

Included in the Kit:

- Book summary
- Author biography
- Discussion questions
- Recipe suggestions



Book summary

Lark Smith has always had a plan for her life: find a fantastic guy, create a marriage as blissful as her parents', pop out a couple of kids and build a rewarding career as an oncologist.

Things aren't going so well.

For one, the guy didn't work out. Theoretically, she'd love to find someone else, but it hasn't happened. Two, she's just been transferred out of oncology for being too emotional. (Is it her fault she's a weeper?) Three, her parents just split up.

Deviating from the plan was…well, not in the plan. A potential solution comes from the foul-tempered and renowned surgeon Lorenzo Santini (aka Dr. Satan). He needs a date this summer for his sister's wedding. His ancient Noni wants to see him settled. In exchange, he could make a few introductions and maybe get Lark back into the field of her choice.

also available to download from Libby

As a sucker for old people and fake relationships, Lark agrees. Teeny problem—she instantly falls for his big, warm family. Especially his

estranged brother.

Meanwhile, Lark's mom has moved in with Lark's colorful landlady, Joy, and an unlikely friendship blossoms. The three women have a long summer and a big beautiful house on the ocean to figure out what's next…and quite possibly learn that the best things in life aren't planned at all.

(Source: https://penguinrandomhouse.com/books/711722/look-on-the-bright-side-by-kristan-higgins/)

Meet the Author



Kristan Higgins is the *New York Times, USA TODAY* and *Publishers Weekly* bestselling author of more than twenty novels, which have been translated into more than two dozen languages and have sold millions of copies worldwide. Her books have received dozens of awards and accolades, including starred reviews from *Entertainment Weekly, People, Kirkus, The New York Journal of Books, Publishers Weekly, Library Journal*, and *Booklist*.

The happy mother of two snarky and well-adjusted adults, Kristan enjoys gardening, mixology, the National Parks and complimenting strangers on their children. She lives in Connecticut with her heroic firefighter husband, cuddly dog and indifferent cat.

(Source: https://penguinrandomhouse.com/authors/2154240/kristan-higgins/)

Look on the Bright Side
by Kristin Higgins

Discussion Questions

1. Lark knows she's a weeper, even jokes about it. Do you think her emotional interactions with patients infringe on her ability to treat them? How would you feel if your doctor got teary-eyed or cried with you? How do her emotions make her a better or worse doctor?
2. Lorenzo clearly has a difficult relationship with his family—and people in general. Do you know anyone like him? Do you think his abrasiveness has more to do with his upbringing, or was that just the way he was born?
3. After seven years, Lark finally feels attracted to someone again. Why Dante? What qualities does he have that affect Lark? Did you suspect that Dante had met Lark before?
4. Beauty is becoming an increasingly controversial topic now that social media has put photoshopped images of beautiful people at our fingertips. Do you relate to Joy's obsession with beauty? Do you judge her for placing so much importance on her physical appearance?
5. Many marriages change after retirement. Gerald explains how after his retirement he felt increasingly invisible and inconsequential in the face of Ellie's continued success. Do you sympathize with him? At one point, Ellie says she's damned if she does, damned if she doesn't. Did you relate to her feelings?
6. Gerald and Ellie are known by everyone for having a "perfect" marriage. Do you think they do? What's good and what's bad about it? What kind of pressure might come from being seen this way by their kids, friends and acquaintances?
7. Do you think Gerald's emotional affair is forgivable? Is Ellie justified in her anger and sense of betrayal? How would you react if you found your partner had been having a similar interaction with someone?

(Source: https://penguinrandomhouse.com/books/711722/look-on-the-bright-side-by-kristan-higgins/9780593547649/readers-guide/)

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Recipes

Buttermilk Corn Muffins



Ingredients:

- 1½ cups all-purpose flour
- 1 cup yellow cornmeal
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons brown sugar
- ¾ cup fresh corn, tossed with a tablespoon of flour (or a small 8-ounce can of whole kernel corn, drained)
- 1 stick cold unsalted butter, plus 2 tablespoons softened for greasing the tin
- 1¼ cups cold buttermilk
- 2 eggs

Directions:

Preheat the oven to 400 degrees.

Generously butter the cups of a muffin baking tin with 2 tablespoons butter.

Slice the corn kernels off the cob and toss with flour to coat. Add flour, cornmeal, baking powder, baking soda, salt, brown sugar, and corn in a large bowl. Whisk to combine.

Take one stick cold butter straight from the refrigerator and grate it using the large holes of a box grater. Toss the grated butter into the dry ingredients. Use your fingers to turn the butter and dry ingredients into a crumbly texture. Set aside.

In a separate bowl, whisk together the buttermilk and the eggs. Pour the buttermilk egg mixture into the dry ingredients and mix to moisten. Spoon the batter equally into the muffin cups. Bake for 15 minutes, until the muffins begin to brown on top. Test for doneness by inserting a knife into the center; when it comes out clean, they're done.

Place baking tin on a wire rack to cool for 10-15 minutes before removing the muffins from the tin.

(Source: https://ediblecapecod.ediblecommunities.com/recipes/buttermilk-corn-muffins)

Recipes Continuation

Mac's Crab Dip

Ingredients:



- 1 cup Sour cream or Greek yogurt
- 1 cup Mayonnaise
- 2 oz. Cream Cheese softened
- 2 tsp Lemon juice
- 1 tsp Old Bay Seasoning
- 1/2 cup Red bell pepper minced
- 1/2 cup Red Onion minced
- 1/4 cup Green onion minced
- 1-1/2 lbs. Crabmeat squeezed well of excess water

Directions:

With a mixer, combine sour cream or yogurt, mayonnaise and cream cheese. Mix in the lemon juice, Old Bay Seasoning, red pepper, red onion and green onion. Be sure excess water is squeezed from crabmeat and add crabmeat into mixture. Chill well before serving.

(Source: https://capecodlife.com/wprm_print/macs-crab-dip)