

## Discussion Guide

### *This Heart of Mine: A Novel*

By C.C. Hunter

1. Leah's health is deteriorating at the beginning of the book. She needs a new heart and has accepted that she will soon die. How does her attitude change once she receives her new heart? Does she see life differently?
2. After Leah has the heart transplant, she suddenly craves Indian food, one of Eric's favorite foods. She even goes to his favorite restaurant. This phenomenon is called "cellular memory." Although no scientific research supports the theory of imprinted memories passing through a donated organ, why else might a recipient report this phenomenon?
3. Matt and Eric, like most identical twins, are close. When Eric is shot, Matt immediately knows his brother is in trouble. Matt feels physically sick, he knows before the police arrive that his brother is dead. How do you think Matt will be able to move on with his life feeling like his other half is missing?
4. Matt's mother is suffering from depression when the book opens. Yet when Eric, her son, is killed, instead of falling deeper into despair, she starts pulling herself out of it. Why do you think that is? And what is helping her improve?
5. Leah's relationship with some of her book club friends changes after she gets a new heart. Is this change due to her health issues, or is it more?
6. Leah and Matt's relationship is strong, but she still keeps secrets from him about her health. Why do you think she does this? Is it all about him, or is it about her as well?
7. Matt is slowly dealing with his own grief. He seems to get better when he starts working on the Mustang his dad brought for him and his sons to rebuild together. How does working on the car, help Matt?
8. Because of Leah's health, her mother becomes overprotective of her daughter, yet toward the end of the book, she's prepared to let Leah to take some steps into adulthood. What do you think causes this change?
9. In the epilogue, Leah speaks at her graduation. She had them change the graduation motto from "live for the day" to "the art of making tomorrows." Do you understand why Leah's journey led her to choose that motto? Do you agree that Leah's motto is the better than the first?
10. Leah's life is saved by a heart transplant. C.C. Hunter's husband was saved by a kidney transplant. Did you know that every ten minutes, someone is added to the national transplant waiting list? On average, **20 people** die each day while waiting for a transplant. One organ donor can save eight lives. Have you ever considered becoming an organ donor?



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