

BOOK CLUB
RESOURCE GUIDE

MEMOIR



THANK YOU FOR CONSIDERING
IT'LL FEEL BETTER WHEN IT
QUITS HURTING FOR YOUR
NEXT BOOK CLUB READ

BOOK CLUB
RESOURCE GUIDE

IT'LL FEEL BETTER
WHEN IT QUILS HURTING

It'll Feel Better when it Quits Hurting is a captivating and honest account of the author's experiences, which are sometimes heartbreaking, sometimes hilarious, and sometimes unbelievable. The author does not shy away from revealing her flaws, mistakes, and regrets, but also shows her resilience, courage, and growth. The book is full of memorable characters, such as the author's grandparents, foster parents, friends, lovers, and children, who have shaped her life in different ways. The book also touches on various themes, such as family, identity, abuse, love, loss, and hope. Not only a personal story, it is also a social commentary on the foster care system, the education system, the justice system, and the society at large.

This is a great read for anyone who enjoys memoirs, humor, and stories of overcoming adversity. The book is engaging, entertaining, and inspiring, and shows the author's unique voice and perspective. It is not for the faint of heart, as it contains some graphic and disturbing scenes, nor does offer any easy solutions or moral lessons, but rather invites the reader to empathize with the author and reflect on their own life. Her story is a testament to the author's strength and spirit, and a reminder that it always feels better when it quits hurting.

WORD COUNT: 105,838

PAGE COUNT: 322

KEY WORDS: Memoir; Domestic Violence; Foster Care; Survivor Story

COMP BOOKS: The Glass Castle by Jeannette Walls; Three Little Words by Ashley Rhodes-Courter; The Boy Who Was Raised as a Dog by Bruce D. Perry and Maia Szalavitz

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Resilience Refresher

Ingredients:

- 1 oz Vodka (for strength)
- 1 oz Blue Curacao (for the blues)
- 1 oz Lemon Juice (for the sour moments)
- 0.5 oz Honey Syrup (for sweetness)
- A dash of Angostura Bitters (for depth)
- Ice cubes
- Lemon twist or mint sprig for garnish

Instructions:

- Fill a cocktail shaker with ice.
- Add the vodka, blue curacao, lemon juice, and honey syrup.
- Shake vigorously until well-chilled.
- Strain into a chilled martini glass.
- Add a dash of Angostura bitters on top.
- Garnish with a lemon twist or a sprig of fresh mint.

Sip slowly and reflect on life's ups and downs.

This drink embodies the idea that even in challenging times, there's a refreshing resilience within us. Cheers to healing and brighter days!

SIGNATURE DRINK

- Mustard Seed by Damion Duomi and the Minor Prophets
- Hell is for Children by Pat Benatar
- Girls Just Want to Have Fun by Cindy Lauper
- Ballroom Blitz by Krokus
- The Boys of Summer by Don Henley
- Just a Girl by No Doubt
- In Hell I'll be in Good Company by The Dead South
- The Scientist by Coldplay
- Sounds of Silence by Disturbed
- Fix You by Coldplay
- Goodbye Earl by the Dixie Chicks
- It's the End of the World as we Know it by REM
- It's All Been Done by The Bare Naked Ladies
- Let It Be by The Beatles
- I Will Remember You" by Sarah McLachlan



SPOTIFY MUSIC RECOMMENDATIONS

THIS GUIDE CONTAINS POSSIBLE
SPOILERS FOR THIS BOOK IN THE
DISCUSSION SECTION.

WARNING

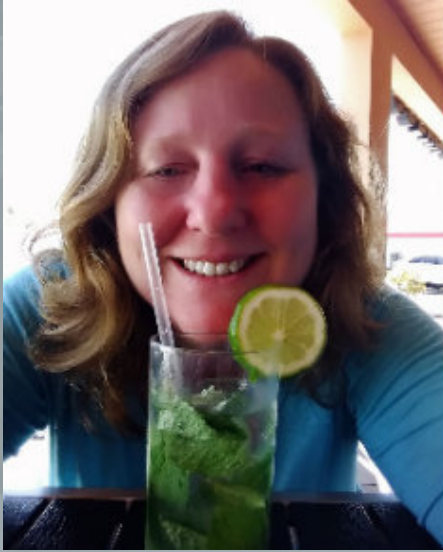
- What are some of the themes or messages that the author conveys in her memoir? How does she use humor, irony, and sarcasm to cope with her challenges and express her opinions?
- How does the author portray her relationships with her family, friends, and romantic partners? What are some of the positive and negative influences that they have on her life? How does she deal with betrayal, abandonment, and abuse?
- How does the author describe her experiences in the foster care system and the education system? What are some of the problems or flaws that she exposes or criticizes? How does she overcome the obstacles and prejudices that she faces?
- How does the author show her personal growth and development throughout the book? What are some of the lessons or insights that she learns from her mistakes, failures, and successes? How does she find her voice, identity, and purpose?
- What are some of the memorable or funny stories or scenes that the author shares in her memoir? How do they illustrate her personality, values, and worldview? How do they make you feel or react as a reader?
- How do the illustrations by Alexander Mann complement or contrast the author's narrative? How do they capture the mood, tone, or theme of each story or chapter? How do they enhance or challenge your imagination or interpretation of the book?
- How does the author's writing style, language, and structure reflect her voice, perspective, and intention? How does she use dialogue, description, and narration to engage the reader and convey her emotions, thoughts, and opinions? How does she balance humor and seriousness, facts and opinions, and past and present in her memoir?
- How does the author's memoir relate to your own life experiences, opinions, or values? How does it inspire, challenge, or change you as a reader? What are some of the questions or issues that it raises or explores for you?

DISCUSSION QUESTIONS

- What was the title of the author's essay about her future career when she was in high school?
- What was the name of the author's great-grandfather who taught her how to twiddle her thumbs and drive her grandmother crazy?
- What was the name of the horror movie that the author saw when she was very young and made her afraid of putting her feet down on the floor after dark?
- What did the author try to sell when she was six years old?
- What kind of food did the author's father make for dinner that triggered a food fight with her mother?
- What sport did the author's third stepfather love and try to teach her?
- What song did the author have to sing repeatedly to calm down her crying baby sister during a car ride?
- What did the author use to make a cup of coffee for her great-grandfather when she was seven years old?
- What was the name of the author's first husband who she met by accident?

TRIVIA QUESTIONS

*ANSWERS CAN BE FOUND AT THE END OF THIS DISCUSSION GUIDE



Lisa M. Orban is an indie author, publisher, and artist. She is the founder of Indies United Publishing House, a platform for independent authors to showcase their work.

Prior to opening her publishing house, she was sent to foster care, ran away at 18 to Phoenix, then ran back to Quincy to escape an abusive husband. She then went to college, earned an Associates in Psychology, raised her 5 kids, got married, and divorced, several times, bought a house and eventually settled down to live the life she always wanted, as the ringleader in a madhouse of anarchy. She now writes books, takes in human strays in need of help, travels, and pretty much does whatever she wants, and is quite happy about it.

She became an author in 2015 with her first book, *It'll Feel Better when it Quits Hurting*, and hasn't stopped since.


ABOUT THE AUTHOR

WEBSITE: <https://pandra411.wixsite.com/lisaorban>

OTHER BOOKS: Wine Comes in Six-Packs; If I were Dictator (a tongue-in-cheek guide to saving our democracy); I'd rather Starve than Cook!; Visual Vertigo Coloring Books

SOCIAL MEDIA:

- ◆ FACBOOK
- ◆ INSTAGRAM
- ◆ GOODREADS
- ◆ LINKTREE

- 
- I want to be the Madame of a House of Ill-Repute
 - Arnold
 - Trilogy of Terror
 - Her sister
 - Boil-a-bag food
 - Baseball
 - Jesus Loves Me
 - Folgers Instant Coffee
 - Nev

TRIVIA ANSWERS