

Crying in H Mart

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

What is a food from your childhood that instantly transports you somewhere, and who is standing in that memory with you?

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WARM-UP

2

Was there a passage or scene in the book that made you want to put it down for a minute, in the best way? What were you feeling?

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DISCUSSION

3

Michelle finds comfort in the aisles of H Mart. Where is your version of H Mart, the place that wraps around you like a hug?

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DISCUSSION

4

The book treats cooking as a love language. What dish has someone made for you that felt like being cared for, and what would you cook for someone you love?

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DISCUSSION

5

How did the book sit with you when it talked about feeling caught between cultures or identities? Did anything resonate with your own life?

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DISCUSSION

6

Grief in this memoir shows up in unexpected, everyday moments. Did the book gently shift how you think about loss, missing someone, or holding onto them?

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DEEP

7

Without spoiling anything, was there a moment between Michelle and her mom that softened you or stayed with you after you closed the book? What about it lingered?

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DEEP

8

If you could tuck a note into this book for Michelle, or for someone in your own life it made you think of, what would you want it to say?

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