

# To Wendy's With Love the 22-year lunch

## Discussion Guide

### *To Wendy's With Love Synopsis*

Award-winning author, Diane Keyes, tells the story of her journey from heartache to wholeness in her best-selling memoir, *To Wendy's With Love: The 22 Year Lunch*. Forty years after a brain hemorrhage stole her childhood and left her with painful memories and unanswered questions, Keyes began sharing lunch with her mother every week, finding gifts for healing in an unlikely place—a fast food restaurant.

What happens along the way is a tribute to the power of gratitude, grace and the family meal—changing Diane's life and all those who join her and her mom around the Wendy's table. The book chronicles a simple lunch tradition that now includes four generations of her family and has been part of their lives for 22 years and counting. *To Wendy's With Love* is just that—a love letter to Wendy's for creating a congenial space in which to heal, good food and a warm and welcoming staff who have become like family to the Keyes / Andersens.

It's here the pieces come together, perspectives shift, old memories find new meaning, and new memories are made. Pull up a chair and let the book's powerful lessons on relationship change your life.

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### Author's Biography

Along with owning a successful staging business for more than twenty years, Diane Keyes' work as a home stager, pastoral care minister, marriage retreat director, grief group facilitator, spiritual director and adult education instructor, uniquely qualifies her to share her views on family relationships in her bestselling inspirational memoir, *To Wendy's With Love*. She often speaks at real estate functions and has made several appearances on local TV and radio programs.

Diane's first book, *Spirit of the Snowpeople*, broke the publishing company's sixty-year record for pre-release sales, selling out its first printing three weeks after publication. Her second book, *This Sold House*, received two Best Book Awards, in the business and how-to categories, from the Midwest (twelve state region) Independent Publishers' Association and is endorsed by Joan Steffend, host of HGTV's, *Decorating Cents*.

An accomplished author, with several more books in the works, her poetry has been performed at the Center for the Arts in Bloomington, Minnesota, four times in the past several years. Diane was recently featured in Joan Kennedy's bestselling book, *Unlocking the Secrets of Successful Women*. She lives in Minneapolis with her husband Tom and has two married children and two perfect grandchildren.

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### Discussion Questions for *To Wendy's With Love*

1. What does the author celebrate and/or criticize in today's American culture?
2. Diane retraces her family history to show how they became secret-keepers like so many current and past generations.
3. How have family secrets and/or the "no talk rule" affected your life?
4. Which specific passages touched you—as interesting, meaningful, or enlightening?
5. The author uses quotes at the beginning and end of each chapter, which of them resonate with you?
6. Diane had a challenging relationship with her mother before they began having lunch together, which relationships in your life are the most challenging?
7. Did the author's way of looking at relationship provide you with any insights that may help you ease the conflict in your own relationships?
8. The author realizes that her mom is much more than just her role as mother. Did the book teach you anything new about yourself? Or your family dynamics?
9. The author's life changed when she took responsibility for the unhealthy patterns in her life which caused her such unhappiness. Have you claimed responsibility for the unhealthy and unhappy patterns in your own life?
10. In the book Diane says, "No matter who you think it's about, it's about you." When have you had a difficult time accepting that "it's about you?"
11. When have misunderstandings caused friction and damaged relationships in your life?
12. Does the book cause you to question any of your own deeply-held beliefs?

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13. Which person in the author's family reminded you most of yourself, or of people in your own life?
14. How do you feel about Diane's dad's story? Do you have family, friends, or acquaintances who have come home with PTSD?
15. What significance does it have today to America's fighting forces coming home to a country divided?
16. How relevant do you think the author's conclusions are considering the current climate of the country?
17. *Wendy's With Love* has been frequently compared to *Tuesdays With Morrie*. Does this book suggest other books you've read?
18. What was the most memorable part of the book for you?
19. Does the Diane's personal writing style help or hinder her ability to communicate her ideas?
20. When have you experienced a deep sense of gratitude?
21. What lessons did you learn from this book?