



# Book Club Kit



# Dear Readers,

Thank you for considering *The Fastest Way to Fall* for your book club read. One of my favorite things about writing is hearing the different ways my books connect readers' experiences, and I hope this book resonates for members of your book club.

*The Fastest Way to Fall* is about Britta, a budding journalist charged to review a body-positive fitness app as a fat woman. Britta joins the app and is assigned to virtual personal trainer Wes. Wes has turned to training to get a break from his daily role as the CEO of FitMi Fitness and the weight of family drama he carries. Their relationship is filled with banter, unwavering support, and time together spent getting sweaty (but the gym kind of sweaty). I hope you fall in love with them as much as I did.

I wrote this novel wanting to highlight the ways people can enjoy exercise at every size, but I finished it feeling I'd tapped into something important: the way we feel when we know we're strong and what it means to fall in love in that moment. Britta and Wes both find their strength and someone who makes them feel stronger. I hope you finish it with the same feeling. This book will provide your group opportunity to discuss the love story but also body image, cultural expectations of health, dangers of diet culture, and creating boundaries with family. I hope readers will walk away from the book thinking about their own moments of strength and love.

I hope you love the book and love the conversation it inspires for your group, and thank you for bringing Britta and Wes into your book club!

I hope you have love, laughter, and a stack of great books.

Sincerely, Denise

Please note the following content warning:  
[DeniseWilliamsWrites.com/Content-Fastest.html](https://DeniseWilliamsWrites.com/Content-Fastest.html)

# Discussion Questions

1.

Britta and Wes both find moments of strength individually. What was a time you felt strong?

2.

Britta and Wes's relationship begins through text and email. What have you found to be benefits of meeting someone digitally first? What are the downsides?

3.

Wes carries guilt about his sister and the ways in which he believes he failed her. Did you relate to his struggle in some way? How have you navigated long-held guilt in the past?

4.

This book is a slow burn, or a romance novel where the heat between the couple builds slowly. Discuss why you enjoy a slow buildup to a physically intimate connection or prefer a quick physical spark.

5.

Britta and Claire are competitive throughout the book but realize their relationship was negatively influenced by the notion that women and especially women of color have to compete with one another. Have you encountered that in a work setting? Did you find ways to move beyond competition to mutual support?

6.

Wes struggles to reconcile his ethical principles with his growing feelings for Britta. What did you appreciate about his struggle to balance professional responsibilities with falling in love? What would you have preferred to be different?

7.

Before the 10K, Wes tells Britta, "I love you. Now, go kick some ass," and during, he tells her "This [moment] isn't ours. It's yours." How do you want a partner to cheer you on toward a goal? In what ways do you like to see that in love stories?

8.

Britta takes opportunities to identify things about her body she loves. Have you taken time to do this for yourself? What parts of you do you love most?



# Simple Mango Smoothie

## INGREDIENTS

- 1 16-ounce bag frozen mango
- 1 1/2 cups almond milk or skim milk
- 1-2 tablespoons honey, or more to taste

## DIRECTIONS

1.

Combine all ingredients in a blender and pulse until fully combined. If too thick, add more milk; if too thin, add more mango.

2.

Add in 2 shots tequila if looking to make a Creamy Mango Margarita! Only on the craziest of mornings.

**TIP:** If you're looking to make this into a cocktail, a splash of tequila, rum, or vodka would all taste great! Just saying.



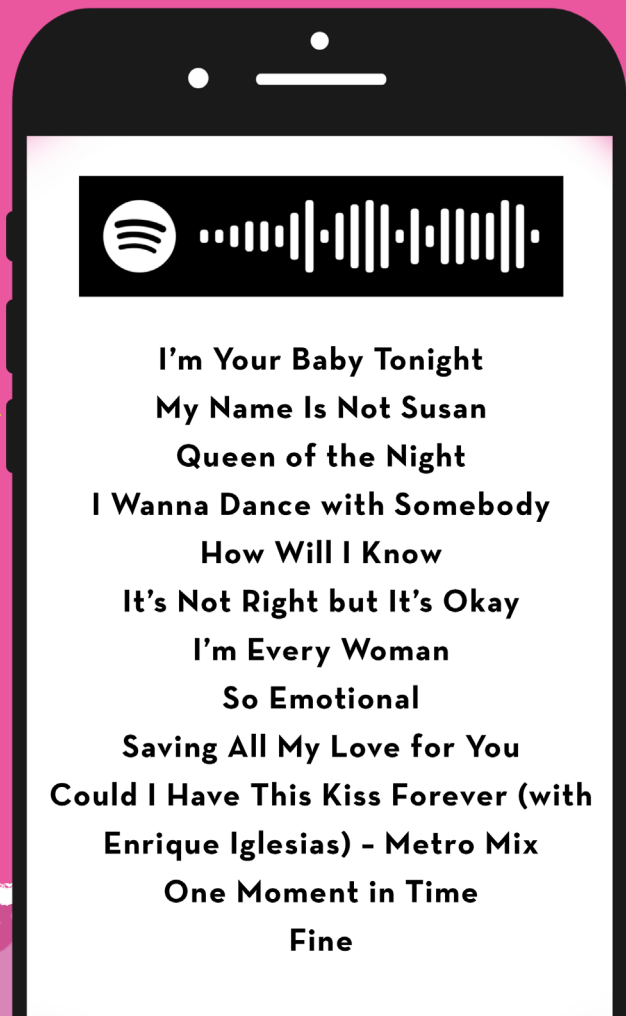
Recipe from [TheCookieRookie.com/Simple-Mango-Smoothie](https://TheCookieRookie.com/Simple-Mango-Smoothie)

# Britta's Whitney Houston Workout Playlist

I'll admit, as a reader, I sometimes get annoyed when young characters love music that is more from the author's generation than the characters'. Would Whitney Houston music fall into that category? Absolutely, but as I was writing, I also thought about how it felt to fall in love with music my parents listened to, how memories are tied to some of those songs as they are for Wes. Also, who can keep from dancing when "I Wanna Dance with Somebody" begins to play?

**Try it. I dare you.**

*Scan to listen  
on Spotify!*





# I Love Me



List of Britta's affirmations:

Your Turn:

I am fun.

I am smart.

I have beautiful eyes.

My toes are perfectly  
proportioned.

I have an amazing rack.

My butt is a thing of  
beauty.

She gives great hugs.



That was Wes!