

Sophie Cousens

(AUTHOR)

The Good Part

(BOOK TITLE)

DATE

TIME

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# Book Club

EST. 2019

HOLLY FURTICK  
BOOK CLUB



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## ABOUT THE AUTHOR

Sophie Cousens is a New York Times bestselling author. She has written four novels. Sophie adapted her debut novel *This Time Next Year* into a screenplay and the film, starring Sophie Cookson and Lucien Laviscount, and was released in June 2024.

Before becoming a writer, she had a career in television producing shows. She is a huge fan of 90s rom coms, *Bridget Jones*, *Four Weddings and a Funeral* and ‘anything with Sandra Bullock or Reese Witherspoon in it.’

Sophie currently lives on the Island of Jersey (one of the Channel Islands) where she now writes full time. She is married with two small children who keep her occupied with important questions such as ‘but did Cinderella have a toothbrush?’ and ‘do giraffe’s know they have really long necks?’ Sophie yearns for a time when she can add a miniature dachshund to her brood, and wishes for the ability to read books faster than she keeps buying them.

## BOOK OVERVIEW

### Is living the life you’ve wished for really a dream come true?

Lucy Young is twenty-six and tired. Tired of fetching coffees for senior TV producers, sick of going on disastrous dates, and done with living in a damp flat with roommates who never buy toilet paper. After another disappointing date, Lucy stumbles upon a wishing machine. Pushing a coin into the slot, Lucy closes her eyes and wishes with all her might: Please, let me skip to the good part of my life.

When she wakes the next morning to a handsome man, a ring on her finger, a high-powered job, and two storybook-perfect children, Lucy can’t believe this is real—especially when she looks in the mirror, and staring back is her own fortysomething face. Has she really skipped ahead like she’s always wanted, or has she simply forgotten a huge chunk of her

life? As Lucy begins to embrace new relationships and the perks of maturity, she'll have to ask herself: Can she go back to her previous life, and if so, can she stand to leave the good part behind?

## **SETTING**

- London - Apartment
- Farnham in Surrey - Home with Sam
- London, Vauxhall Area - New Office location

## **CHARACTERS**

- Lucy Young/Rutherford
- Lucy's friends
  - Faye (married to Alex)
  - Roisin (divorced, was married to Paul)
  - Zoya (best friend, died)
- Lucy's Flatmates
  - Julien
  - Emily
  - Zoya (best friend)
- Mr Finkley (Leonard) - Quirky neighbor upstairs
- Sam - Lucy's husband
- Felix - Lucy and Sam's 7-year-old son
- Amy - Lucy and Sam's 18-month-old daughter
- Chloe - Lucy and Sam's daughter who died at 2 weeks old
- Michael - Co-founder of Badger TV with Lucy

## **THINGS I LOVED ABOUT THIS BOOK**

- I loved the way that you depicted the complications of marriage
- This was a light read with a message that I will not forget: There is no good part. Life is like scrambled eggs; the good and the bad are all mixed together. The bad makes the good moments that much better and the good makes the bad moments that much easier

## **QUESTIONS TO DISCUSS**

- What was one of your favorite scenes in the book? I loved when she went shopping with her grown up money and then she found out they didn't actually have that much money after all the bills.
- Did you agree that Lucy had to go back?
- How did this book make you think?

What would tell you your younger self when you feel like you're waiting for the "good part"?

## MEMORABLE SCENES

- Wakes up soaked because her ceiling was dripping (pg 1)
- First day in office after being promoted (pg 15)
- Celebrates with friends after work and gets into an argument with Zoya (pg 22)
- Awkward date with Dale from the LondonLove app (pg 27)
- Wishing on the wishing machine (pg 34)
- Waking up to Sam and looking older with a different life (pg 38)
- Shopping trip at Selfridge's (pg 72)
- Going out for drinks with her new coworkers and fumbling thru interactions (pg 85)
- Confessing to Sam that she lost her memory and Sam trying to help her (pg 94)
- Finding out Zoya died (pg 126)
- Felix told her what she had told him when he felt sad, and it motivating her to get out of bed (pg 142)
- Lucy's and Felix's failed craft project (pg 154)
- Sam and Lucy's date where she finds out how they met (pg 164)
- Playing the imaginary game with the kids that inspires her pitch (pg 199)
- Sam tells her about Chloe (pg 220)
- Lunch with her friends at Faye's house where they talk thru her struggles with the lapse (pg 226)
- Going out to Sam's studio and learning about his music (pg 268)
- Felix runs away from school, Lucy finds him, and Felix meets Mr. Finkley, pg 241 (pg 253)
- Garden date, Sam shows Lucy Chloe's tree, talks about Chloe's song and why he doesn't write lyrics anymore (pg 285)
- Felix's birthday, Fixing the heart project using the lava lamp (pg 294)
- The pitch at work with the entire team (pg 306)
- Finds the wishing machine but it doesn't work as she starts to remember things (pg 310)
- Lucy chooses to go back (pg 327)

## MEMORABLE QUOTES

"Life is never quite sorted, whatever stage you're at." (pg 37)

"If you can't get off the bus, you might as well enjoy the ride." (pg 71)

"I guess photo albums never show the whole picture," (pg 113)

“because every day is a gift, and you can’t let Tom Hoskyns or anyone else steal a single one from you.” (pg 142)

“Lucy, when the world is spinning, work tethers us with purpose,” (pg 178)

“He’s often telling me he loves me, but does he love me, or does he love old me, Future Me, me who remembers?” “I wouldn’t overthink it,” says Faye. “He’s always loved you. He loved you before he met you, the promise of you, remember.” (pg 274)

“it’s all connected because if Toby hadn’t broken your heart, you might never have come back home, and you wouldn’t have met Sam, who is your person.” (pg 274)

“Who we are is our code of morals, the things we stand for, not our ability to recall the past.” (pg 291)

“And how are you liking this new life of yours, the good part, where everything’s sorted?” “Ha! Life is never sorted.”... “But maybe there aren’t any shortcuts in life. Maybe you have to live it all, because it makes you who you are.” (pg 311-312)

“remembering is not the same as living.” (pg 328)