



book club kit

**The
In-Between**

Hadley Vlahos, RN



Dear Book Club Readers,

Wow! Just typing that is surreal. Although I have always wanted to be a writer, this book came to be through social media. At the beginning of 2020, I made my first video about being a nurse. I had no idea that people would care so much about my life and my job. Quite the contrary, actually, I was used to people feeling very uncomfortable when I brought up my job and quickly changing the subject.

Somehow though, I found my people. The people who did not shy away from uncomfortable conversations. The people who wanted to connect with others who have also lost loved ones. The people who have a lot of compassion and empathy and want to know what others around them are going through. The people like you, dear reader.

Although this book is about my life and my patients, my hope is that it opens up doors for you to share more about yourself. I ask every person who reads my book the same question: Which patient was your favorite and why? I've found that people relate to one patient more than the others because they see themselves, or a similar situation they've experienced, in them. I hope that by sharing these stories, and by you sharing your own experiences, we all take small steps forward to change the larger conversation around death, dying, and grief.

I'm so grateful that you have chosen to be a part of that.

Love,
Hadley

Discussion Questions

1. Why do you think Hadley decided to name her memoir *The In-Between*, and how did your understanding of the “in-between” shift throughout the book?
2. Did reading this book help to dispel any fear you might have had around death and dying? Why or why not?
3. How do you think the sudden death of Hadley’s childhood friend shaped her character and caregiving nature?
4. Have you had a loved one enter hospice care? What was your experience like? Do you think you would consider hospice care as part of your end-of-life plan? Why or why not?
5. What did Hadley learn while caring for her mother-in-law? How did it change her approach to her job?
6. Hadley starts seeing a therapist midway through the book. Have you ever been to therapy? How did Hadley’s therapist help her?
7. Towards the end of the book, Hadley has a disagreement with a doctor about how to manage a patient’s care. What is Hadley’s philosophy when it comes to patient care and how does it differ from the doctor’s? Who did you side with during that debate?
8. Of the people Hadley featured in the book, whom did you find most relatable? What part of their story resonated with you?
9. *The In-Between* introduces a variety of personal philosophies around death and dying. Which of them spoke to you the most? Have they changed how you think about life’s final chapter?
10. Did this book spark any additional ideas for change in your life?