

## **Readers' Group Guide for *Where the Water Meets the Sand* by Dr. Tyra Manning**

1. At the very beginning of the book, we know that Larry is about to leave for Vietnam. What does Tyra's reaction to his leaving reveal about her personality? How does the fact that she lost her father as a child make his leaving even harder for her?
2. Contrast how Tyra's experience as a single mother in the seventies and eighties might differ from single mothers today. What about unique challenges she faced made it hard for her to accomplish her successes and achievements?
3. What was the catalyst in Tyra's determination to survive? Was there one experience in particular that you felt was the turning point?
4. Having the self-awareness to understand that she needed to leave her daughter with a caretaker while she got treatment was an admirable thing for Tyra to do. What does this self-awareness in the midst of such severe depression say about Tyra's strength of character?
5. Dr. Roberts was a valuable asset in Tyra's recovery. What do we know about Dr. Roberts from the book? How would you describe his therapeutic approach? What was it about his personality and manner that worked so well with Tyra and made them such a great doctor/patient team?
6. Tyra's fellow patients in the Menninger Clinic were a support system for her. Discuss some of these characters (e.g., Mrs. Locke, The Minister, George, Deborah) and in what ways they helped Tyra. How did Emily and Trudi contribute to Tyra's sense of belonging?
7. Unfortunately, Tyra's experience of losing her husband in Vietnam was not unique. Should Tyra be considered lucky because she was able to finally bury Larry?
8. Larry's voice is a prominent figure in Tyra's inner reflections. The reader comes to know him through Tyra. What do we know about Larry because of this?
9. The Vietnam Conflict created a great amount of strife between the citizens of our country. Discuss the challenges faced by Tyra and others like her—people who lost their husbands, sons, and brothers in a war that many Americans did not support.