

Hold Still No More by Lauren Keys
Reader's Guide Discussion Questions

1. *Hold Still No More* is a page turner taking the reader deep into the heart of longing, abuse, and Lauren's search for personal strength and freedom. Was the book suspenseful? Was it hard to put the book down until you knew Lauren was safe? If so, at what point?
2. When Lauren returned home from the sleepless night in a cheap hotel room to Nick what were your fears for her?
3. When Nick takes his abuse of Lauren public at her place of work, what was most shocking about the events that finally led up to Nick's arrest?
4. At what point did Lauren realize that she might not make it through Nick's abuse alive? Did you agree with Lauren's realization?
5. At any point were you frustrated or angry with Lauren's mental struggles with leaving Nick? Why or why not.
6. When Lauren gets back from a trip to see her mother, she is confronted with Brady's revelation of his calling and his version of their future. What concerns did you have for Lauren as she gets into the van with Brady after their return from the airport? Did you find yourself having an emotional reaction to Lauren when she gets in the van or at any other point during Brady's breakdown?
7. During her marriage to Brady, Lauren was seeing a counselor who warned Lauren that she was taking too much responsibility for the relationship and that Brady was about to self-destruct. Why did you think Lauren did not take the counselor's advice to leave Brady?
8. How did you feel about the reactions of Brady's family members to Brady's mentally unstable behavior?
9. How did the death of Lauren's parents, especially her dad, initially impact her life and her future?
10. Lauren felt like her relationship with Jake was a safe and familiar place to be admired and pursued, a place to rebuild her self-esteem. Did you have any concerns for Lauren with her romantic, non-committed relationship with Jake? Why or why not.
11. When Greg was waiting in the parking lot of Lauren's apartment with his guitar and bare feet, did you think this behavior was charming or did you have reservations about Greg at this point? What were your thoughts and concerns for Lauren given everything she had been through?
12. Should Lauren have handled her relationship with Greg differently? If so, at what point do you think she should have made a different choice? Why?
13. Why do you think Lauren stayed in her relationships past the initial warning signs?
14. What were the most shocking revelations for you while reading Lauren's story?
15. What do you think was Lauren's most significant resolution in her journey?