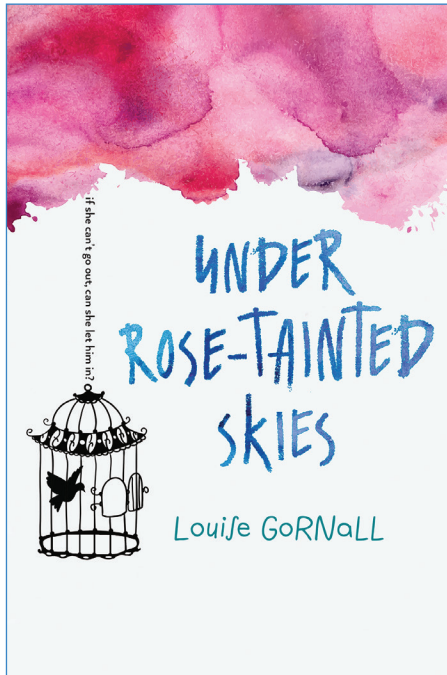


# Discussion Guide

## UNDER ROSE-TAINTED SKIES

by Louise Gornall



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### About the Book

Nora knows that fearing everything from inland tsunamis to odd numbers is irrational, but her mind insists the world outside her house is big and dangerous. So she stays inside, watching others' lives from a safe distance.

But when Luke arrives on her doorstep, he doesn't see a girl defined by medical terms and mental health. Instead, he sees a girl who is funny, smart and brave. And Norah likes what he sees. As their friendship turns deeper, Norah fears she's being selfish: Doesn't Luke deserve a normal girl—one who isn't so screwed up?

### About the Author

A junk food enthusiast, film nerd, and rumored pink Power Ranger, Louise Gornall writes about her own experiences to help encourage and facilitate conversations with other people also facing challenges with mental illness. She lives in England. Visit her website at [www.bookishblurb.com](http://www.bookishblurb.com), and follow her on Twitter at @Rock\_andor\_Roll.

(Guide written by Louise Gornall, author of *Under Rose-Tainted Skies*.)

### Discussion Questions

1. What are some themes in *Under Rose-Tainted Skies*? Is any one theme explored in more detail, and if so, which one? Is one theme more important than the others, and if so, which one and why?
2. What is an antagonist and a protagonist? Which do you consider Norah? If Norah isn't the antagonist, who or what might be identified as the antagonist?
3. What are some of the things Norah is afraid of and why? Are her fears justified? Does that matter? To whom might that matter?
4. Would you consider Norah to be a reliable or an unreliable narrator? What makes her reliable or unreliable?
5. In *Under Rose-Tainted Skies*, we see Norah commit self harm. What reasons does she give for doing this? Are the reasons she gives for hurting herself what you'd expect? How does witnessing this moment in Norah's life make you feel, and why?
6. Does Norah have a support system in place? If yes, who or what would you consider to be a part of that support system? Why might this system be important? Could her support system be better?
7. Would you consider Norah and Dr. Reeves's relationship to be healthy? Does Dr. Reeves reinforce your existing opinion of therapists and therapy, or does she change it? If so, how?
8. How does Luke impact Norah's life? What aspects of Luke's life make him sympathetic toward Norah's mental health? If these aspects didn't exist, might he treat Norah differently? How and why?
9. What boundaries does Luke overstep and why? Does overstepping these boundaries make him a bad person?
10. Why might using love as a fix-all in stories featuring mental illness be considered unhealthy? Does this mean people with mental health conditions shouldn't fall in love? Does Luke cure Norah?
11. How does Norah's mom deal with Norah's mental health? How does this contrast from the way Luke deals with Norah's challenges? Can we hold Norah responsible for the effect her mental health has on those around her?
12. Have you learned anything about mental health from *Under Rose-Tainted Skies*? Has it changed your perception of the people who suffer from mental illness? Should mental health be discussed more? If so, with whom and in what type of environment?