

Book Club Kit

Dear Readers,

Imagine you've carefully planned your life. New York City, power suits, handsome husband. You think you're happy, but you're not quite sure what "happy" really means, so you try not to think about it too hard. You smile. You win cases in the courtroom. You have vanilla sex a couple of times a month with that handsome husband of yours. Things are fine. Everything is fine!

Then the illusion of perfection is shattered. You catch your husband with another—much younger and more bendable—woman.

What do you do?

Do you let it destroy you? Or do you take back control of your life?

Welcome to the lifestyle ;) It's been waiting for you . . .

When Georgina Wagman's perfect husband cheats, she finds a solution to save her marriage: He wants to sleep with other people? No problem—so long as she gets to do it, too. They become swingers. But does she know what she's getting herself into?

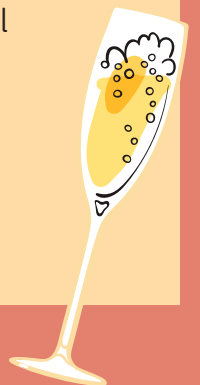
Spoiler: she does not.

It turns out Georgina can't control everything. She can't control how good it feels to finally have fun in bed. She can't control how exciting it is to finally ask herself the question *What do I want?* And she can't control how attracted she is to Whitaker Nolan, the swinger who got away . . .

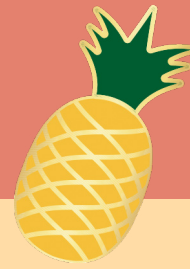
The lifestyle—the real one and the book!—is all about having fun while exploring what you really want. Not what you tell yourself you want, not what society tells you you should want, but what you actually want, both in the bedroom and outside of it. This book is the love potion you boil when you drop sex positivity, New York City, legal drama, vibrators, and one sexy ex into a nudes-only Jacuzzi and mix it all together.

I hope you have as much fun reading it as I had writing it. And hey, maybe you'll get a little curious ;) The lifestyle is waiting for you . . .

**With love and lust,
Taylor Hahn**



Discussion Questions



1. The novel opens with a detailed description of the main character—Georgina—who believes her life is perfect until her husband—Nathan—cheats on her. Why do you think the author chose to begin the novel this way? What do you believe the juxtaposition of these two moments accomplishes?
2. Georgina and Norah are different in many ways, yet have been best friends since law school. At the beginning of the novel, Georgina believes Norah (and Ari, her husband) are not fulfilling their highest potential. How does their relationship grow and how is it tested throughout the novel?
3. From the start, Meredith and Georgina’s relationship is complicated. Why do you think Georgina is determined to be a good mentor to Meredith even though Meredith slept with her husband? To what extent do you believe this is due to a “women support women” mentality, specifically in a male-dominated field?
4. Age, sexual fluidity, gender, and career aspirations are diversely represented through all the characters in the novel. How does “the lifestyle” tie into each one? How are individual vs. relationship needs represented through the different couples?
5. Felix is what could be described as a “chameleon dater,” shifting his personality to that of his current romantic partner. At the end of the book he breaks up with Alina and is comfortable being single. Describe how the idea of freedom is explored via Felix’s experiences in relationships and law school.
6. No human or character is ever perfect. Although her friends might view Georgina as “perfect,” she is far from it. Name a few moments when you disagreed with her thoughts or actions.
7. What were your personal notions of swinging before you read *The Lifestyle*? Did your stereotypes bias how you approached the book? In what ways have they changed or stayed the same?
8. *The Lifestyle* has a charming cast of unique and relatable characters. What actors would you cast for the screen version? Discuss whether it should be a film or a TV series.
9. Toward the end of the novel it becomes clear that every main character has been impacted somehow by “the lifestyle.” Which couple’s or individual’s journey was your favorite and why?
10. Georgina and Whitaker are like oil and water in many ways. Although this makes them approach life quite differently, it also makes them very well suited to each other in a classic example of opposites attracting. Describe each character’s qualities and why their differences brought them back together.
11. The book closes with Norah and Ari’s vow renewal ceremony, a full-circle moment for Georgina. The last line reads “. . . and she’d refused to admit that all she wanted was to dance with a man she loved.” How is this final moment impactful to Georgina’s character development?

THE LIFESTYLE-INSPIRED PLAYLIST

It's Not Right But It's Okay" by Whitney Houston

"Jolene" by Dolly Parton

"Revival" by Selena Gomez

"I Knew You Were Trouble (Taylor's Version)" by Taylor Swift

"Womanizer" by Britney Spears

"Nasty" by Janet Jackson

"How You Like That" by BLACKPINK

"good wife" by Kacey Musgraves

"Higher Love" by Kygo, Whitney Houston

"Hands To Myself" by Selena Gomez

"Starlight (Taylor's Version)" by Taylor Swift

"Make Out With Me" by Maren Morris

"Woman Like Me (feat. Nicki Minaj)" by Little Mix, Nicki Minaj

"Want You Back" by HAIM

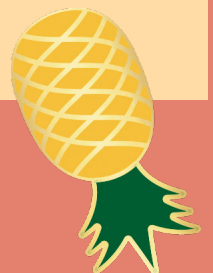
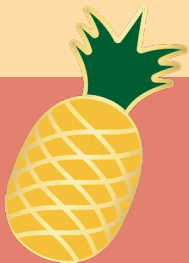
"The Power of Love" by Céline Dion

"Best Mistake" by Ariana Grande, Big Sean

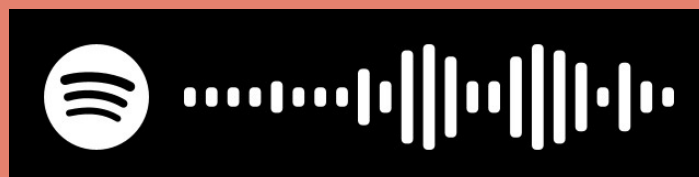
"Easy On Me" by Adele

"I'm Not a Girl, Not Yet a Woman" by Britney Spears

"Run Away With Me" by Carly Rae Jepsen



Listen on Spotify:



Apple Martini Recipe

The perfect drink pairing for *The Lifestyle*

Total Time to Make: 5 Minutes

Servings: 1

Ingredients:

- Ice cubes
- 2 ounces vodka
- 1½ ounces sour apple liqueur
- 1½ teaspoons lemon juice
- Garnish: Green apple slice (optional)

Directions:

1. Fill a shaker three-fourths full with ice cubes.
2. Add the vodka, apple liqueur, and lemon juice.
3. Cover and shake for 10–15 seconds or until condensation forms on the outside of the shaker.
4. Strain into a chilled cocktail glass.
5. If desired, garnish with apple.

Enjoy!

