

NADIA BOZAK



Fret

a novel

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DISCUSSION QUESTIONS

A propulsive and incisive novel about Kate, a washed-up rock star and frazzled mother of two, whose precarious situation is made more so when her idling car is stolen — with her young daughter still in it — and all her life choices, both big and small, are opened up to the scrutiny of the internet, her community, and ultimately, herself.

1

Do you think Kate is a reliable narrator? Where do you see gaps in how she sees herself compared to how others see her?

2

What does running represent for Kate both emotionally and psychologically?

3

How does *Fret* explore aging? Particularly for women who had visibility or power?

4

How do you think climate anxiety affects the events of the novel? How large of a role do you think climate anxiety plays?

5

How do you think Kate's need for community interacts with the other themes in the novel — climate, identity, economic precarity?

6

What do you think Kate's attachment to objects (her guitar, her sunglasses, her car) symbolizes?

7

What role does motherhood play in Kate's life? Does it limit her? Does it free her?

8

What does Kate's fixation on her past as "Kat" tell you about her identity? Is she stuck in the past, or is she intentionally moving away from it?

9

What do you think about Kate's refusal to release a public apology? Do you think she had anything to apologize for, or do you think she was limited by her circumstances?