More Happy Than Not by Adam Silvera

Struggling with memories of his impoverished youth, being abandoned by his friends, and his father's suicide, Aaron attempts to forget his own identity through memory-altering therapy when his homosexuality affects a new friendship.

Why you'll like it: emotional, gritty, friendship

About the Author: Adam Silvera was born and raised in the Bronx. He has worked in the publishing industry as a children's bookseller, marketing assistant at a literary development company, and book reviewer of children's and young adult novels. His debut novel, More Happy Than Not, received multiple starred reviews and is a New York Times bestseller, and Adam was selected as a Publishers Weekly Flying Start. He writes full-time in New York City and is tall for no reason.

Questions for Discussion

1. Aaron Soto is a 16-year-old Puerto Rican living in the South Bronx and is falling in love with a boy, but Aaron feels threatened by pursuing this attraction because of his friends. A lot of teen literature where characters are coming out often features violence against the teen for being gay. Did you find the violence in this book to be realistic because of the book's setting or unnecessary?

2. The Leteo Institute offers a groundbreaking service where they can alter memories for those suffering psychologically and emotionally. There is controversy within the book surrounding the ethics of this procedure. Do you forgive Kyle Lake for forgetting his twin brother's existence after being responsible for his murder? Or should everyone - including Kyle - be forced to confront their issues without the help of a procedure like the Leteo Procedure?

3. What would this novel have looked like from Genevieve's perspective? And is there another character whose side of the story you'd be interested in hearing?

4. What are your thoughts on Aaron cutting a smile into his wrist?

5. Foul language is in abundance throughout the book from Aaron and his friends. Is it used gratuitously? Why doesn't Thomas swear as much as Aaron, Brendan, and the gang?

6. What did you think of the Bronx setting and culture? Why do you think the Bronx isn't as popular as Manhattan when books are set in New York City?

7. How would you describe the relationship between Aaron and his brother, Eric? And Aaron's relationship with his sort-of-best friend, Brendan?
8. What did you think of the way the author structured the novel with different levels of happiness to measure Aaron's journey? (These levels included Happiness, A Different Happiness, Unhappiness, Less Happy Than Before, More Happy Than Not.)

9. The end of the book finds Aaron facing trials that are far from a happy ending. Did you find these conditions to be harrowing or hopeful? Would Aaron's story have felt complete or forced if he got a clean break?

10. Where do you think the characters (specifically Aaron, Thomas, Genevieve, Brendan, and Collin) end up ten years later?

(Questions provided by publisher)