



## *Pushing the Limits of Motion* Suggested Reading and Discussion Questions

Maybe it's the action of a powerful physical force or maybe it's the way we move to *counteract* that force. Some motion is more figurative, like the experiences we pass through on life's journey and the changes they inspire. Humans enriching their existence are humans in motion.

### *The Girl on the Train*

**Paula Hawkins, Fiction.** Rachel catches the same commuter train every morning. She knows it will wait at the same signal each time, overlooking a row of back gardens. She's even started to feel like she knows the people who live in one of the houses. "Jess and Jason," she calls them. Their life - as she sees it - is perfect. If only Rachel could be that happy. And then she sees something shocking. It's only a minute until the train moves on, but it's enough. Now everything's changed. Now Rachel has a chance to become a part of the lives she's only watched from afar. Now they'll see; she's much more than just the girl on the train. [goodreads.com](https://www.goodreads.com)

- How would *you* have reacted if you'd seen what Rachel did from her train window --- a pile of clothes --- just before the rumored disappearance of Megan Hipwell? What might you or she have done differently?
- We all actively watch the world around us. What do you think accounts for this all-too-human impulse? Is it more extreme in Rachel than in the average person? What is so different about her?
- A crucial question in *The Girl on the Train* is how much Rachel Watson can trust her own memory. How reliable are her observations? How objective or "true" can a memory actually be? Can memory lie? What factors influence memory?
- Other characters in the novel make different assumptions about Rachel Watson depending on how or even where they see her. To what degree did you make assumptions about Rachel early on based on the facts and appearances you were presented? How did those change over time and why?

