



my

kind

of

beautiful



Macaroni and Cheese with buttery bread cubes

1 pound elbow macaroni
6 tablespoons butter, plus more at room temperature for greasing
1/2 cup all-purpose flour
5 cups whole milk (cold or room temperature is fine - I don't heat
1/2 cup heavy whipping cream (or use 1/2 cup additional whole mil.
4 ounces white American (shredded)
12 ounces sharp white cheddar*, coarsely grated
8 ounces Gruyere*, coarsely grated
4 ounces Pecorino Romano*, finely grated
1/4 cup crème fraiche, optional

1/4 teaspoon freshly grated nutmeg
1/2 teaspoon cayenne pepper
1 tablespoon Dijon mustard
1 teaspoon garlic powder
Kosher salt and freshly ground black pepper to taste



You are
Stronger
THAN
YOU THINK

You're
worth more
than
you know.



Get Your Book Club Kit Today!



*How I Survived
My Most Terrible Year
& Created My
Super Awesome Life*

JANE ENRIGHT

Book Club Kit

Dear Bright and Beautiful Readers,

I'm happy you are here!

This Book Club Kit is for everyone in your group to download including discussion questions, recipes, a playlist, and ideas to enhance your event and book club experience with *Butter Side Up*. These suggested questions aim to spark meaningful conversations and inspire new perspectives, for lively, meaningful discussion. I hope this guide adds a touch of inspiration to your gathering and enhances your enjoyment of this memorable memoir.

If you host or attend a book club, I'd love to join you virtually to discuss my books. Click on the button below to send your request to chat with me via Google Meet or Zoom.

I look forward to hearing from you and attending your book club soon!

Warmly & With Gratitude,

Jane 

[Request a Book Club Event !](#)

“... a stirringly believable tale of personal reinvention. An unsparing, ultimately uplifting account of turning a crisis into a new view of life.”

—KIRKUS REVIEWS



Butter Side Up

*How I Survived
My Most Terrible Year
& Created My
Super Awesome Life*

JANE ENRIGHT



Book Club

Discussion Questions

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1. What was your initial reaction to *Butter Side Up*? Why did you choose to read it?
2. Was there anything about the book that surprised you?
3. How did you feel reading the book?
4. What aspects of the author's story could you relate to the most?
5. How honest do you think the author was being when she told her story?
6. Did you find the plot predictable? Were you surprised by any twists and turns?
7. What did you think about the structure of *Butter Side Up*? Why do you think the author chose to tell her story this way?
8. Share a favourite quote or passage from *Butter Side Up*. Why did this quote or passage stand out and why was it meaningful to you?
9. Did *Butter Side Up* make you reflect on how you would deal with sudden, unplanned change? If so, what did you learn and how will you apply what you learned in your everyday life?

10. Were there any sections of the book that you identified more with than others? Was there any advice or part of the book that resonated with you?
11. Were there any sections of the book where you doubted the author's advice?
12. If you had the chance to ask the author one question, what would it be?
13. Was the ending satisfying? Is the ending what you expected?
14. Did the book change your opinion or perspective about change?
15. If you were making a movie of *Butter Side Up*, who would you cast and in what roles?

I never had a slice of bread,
Particularly large and wide, That did
not fall upon the floor, And always
on the buttered side!

-James Payn



Book Club Enhancement Ideas

1. Host a potluck! This is a wonderful way to bring people together to share a variety of delicious dishes and enjoy each other's company. It encourages collaboration, creativity, and community spirit, as each guest contributes something special

2. Butter Side Up discusses initiating planned change through travel to Italy, Hawaii, New Zealand, and Australia. Consider planning a travel-themed book club event. You could highlight one of these countries with fun facts, themed refreshments, and encourage members to share their favorite travel stories in addition to discussing the book.

3. My life changed when I decided to write about my experiences. What about you? If you were to write a book, what would the title be, and what would you write about?

Jane 



Macaroni and Cheese with Buttery Bread Cubes

- 1 pound elbow macaroni
- 6 tablespoons butter, plus more at room temperature for greasing the pan
- 1/2 cup all-purpose flour
- 5 cups whole milk (cold or room temperature is fine – I don't heat up the milk)
- 1/2 cup heavy whipping cream (or use 1/2 cup additional whole milk, if desired)
- 4 ounces white American (shredded)
- 12 ounces sharp white cheddar*, coarsely grated
- 8 ounces Gruyere*, coarsely grated
- 4 ounces Pecorino Romano*, finely grated
- 1/4 cup crème fraîche, optional
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon cayenne pepper
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- Kosher salt and freshly ground black pepper to taste

INSTRUCTIONS

Preheat the oven to 375 degrees F.

Drizzle oil into a large pot of boiling salted water. Add the macaroni and cook according to the directions on the package, 6 to 8 minutes. Drain well.

Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt 6 tablespoons of butter in a large (4-quart) pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or two more, until thickened and smooth.

Off the heat, add the Gruyere, Cheddar, 1 tablespoon salt, pepper, and nutmeg. Add the cooked macaroni and stir well. Pour into a 3-quart baking dish.

Melt the remaining 2 tablespoons of butter, combine them with the fresh bread crumbs, and sprinkle on the top.

Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top.





SWEET BUTTER BREAD

INGREDIENTS

1/2 cup Water Warm
4.5 tsp Dry Active Yeast
4 tbsp Honey
2 cups Buttermilk
2 Eggs
1/2 cup Butter Melted
2 tsp Salt
7 1/4 cups Bread Flour

INSTRUCTIONS

- In a small bowl mix warm water, honey and yeast. Set aside and allow to bloom and foam.
- Once the yeast mixture is ready, pour it into a large mixing bowl. Add buttermilk, eggs, butter and salt. Mix until combined.
- Using a dough hook, knead in the flour slowly adding one cup of flour at a time. The dough should be slightly sticky.
- In your mixer or on a lightly floured surface knead dough for 5-10 mins until it becomes stretchy.
- Place dough in a greased bowl and cover with a towel. Allow to rise for 1-2 hours and double in size.
- Preheat oven to 375 and punch down dough. Divide the dough into two equal parts and shape into loaves. Place in a greased loaf tin and allow to rise again to just above the rim of the pan. Bake at 375 for 30-35 minutes.
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Homemade Honey Butter

½ cup butter, softened

½ cup honey

Place butter in a small bowl. Gradually add honey, beating constantly, until desired thickness is attained.





Butter Side Up PLAYLIST

[Click here to listen on Spotify](#)

BUILD ME UP BUTTERCUP
THE FOUNDATIONS

GIVE A LITTLE BIT SUPERTRAMP

HIGHER LOVE STEVE WINWOOD

I CAN SEE CLEARLY NOW - EDIT JOHNNY NASH

DON'T STOP 'TIL YOU GET ENOUGH MICHAEL JACKSON

SEPTEMBER EARTH, WIND & FIRE

BOOGIE WONDERLAND
EARTH, WIND & FIRE, THE EMOTIONS • 1AM

JUST THE WAY YOU ARE- BILLY JOEL

AIN'T NO STOPPIN' US NOW - SINGLE VERSION

SHINING STAR- EARTH, WIND & FIRE • THAT'S THE
WAY OF THE WORLD

WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING
BILLY OCEAN • THE VERY BEST OF BILLY OCEAN

YOU MAKE ME FEEL LIKE DANCING
GLAM ROCKERZ • GLAM ROCK AT ITS VERY BEST

WALKING ON SUNSHINE
KATRINA & THE WAVES • KATRINA & THE WAVES

DANCING QUEEN

I WILL SURVIVE-GLORIA GAYNOR

LOVELY DAY
BILL WITHERS • MENAGERIE

MOVING ON UP-M PEOPLE



Meet The Author

What inspired you to write *Butter Side Up*?

Many things really. As I said in Chapter 13, “Making Sense of It All,” I believe everything happens for a reason, and for me, along the way, there were many hints of encouragement to write a book that I could not ignore. These hints, particularly my encounter in Sicily, Italy, inspired me tremendously. Moreover, while I initially started to write email updates as a way to communicate events, I sensed there was another reason I was doing this—I just did not know what it was at the time.

There was also a great desire to share my knowledge about navigating change with others. I have spent years dealing with the aftereffects of my own traumatic brain injury (TBI), and spent over a hundred consecutive days in Ontario hospitals helping people I loved. Along the way, I experienced and witnessed a lot of traumatic and dramatic change. Although my journey was very challenging, I had skills and know-how others did not that helped me successfully navigate change.

Afterwards, I encountered many people who told me they couldn’t believe I had landed butter-side up after what I had been through; they wanted to know “my secret to getting through everything.” After some noodling and listening to my intuition, I decided to share my story. I felt a push to share my know-how with others so they could land butter-side up too.

What is your writing strategy and what would you recommend to others beginning a new writing career?

Many authors and writing courses will tell you the first step to effective writing, whether it be a paragraph, essay, story, or book, is having an outline. However, as I said in chapter fifteen, with my head injury I find that difficult to do. For *Butter Side Up*, I drew on my friends and family emails to help me remember events chronologically and accurately so I could organize them accordingly, but I did not have a formal outline as such. I did, however, sketch out my chapter take-aways for my query to publishers. Nonetheless, it wasn't until chapter nine that I actually formalized my outline. I did so to ensure I would not miss anything I felt was important in tying up chapters.

I do believe in writing often and having dedicated time for writing. I usually set a small goal each day, such as "I am going to refine chapter three today." If I get stuck, I take a walk or daydream a little—sometimes I find just going to the kitchen and making a cup of tea helps a concept or idea that was stuck suddenly emerge. Thankfully while I was writing the first edition of *Butter Side Up*, my "supervisor" Buddy was never too far away for consultation; he was a terrific listener.

Another strategy that I try to use, no matter what I am writing, is to look at my work from the outside in, not the inside out—from the viewpoint of the reader. To do that I literally read aloud, not just in my head, everything I write. I even record myself reading paragraphs sometimes so I can envision what it would be like for a reader to be reading my work. It takes time to meticulously go through your work, but if you are truly a writer, and in it to win it, then it is not work to do this; you will do whatever it takes to make your creations the very best that they can be.

Finally, I would also recommend that before you send your query letters and manuscript to publishers, choose your

path wisely and do your homework. Ask yourself, “Am I writing to say I wrote a book, or am I writing to establish or enhance an already existing career?” If it is the former, any publisher will do. However, if it is the latter, you need to research and short list publishers that align with your goals and objectives—otherwise you can waste precious time sending your work to people who may never read or appreciate it. I chose the collaborative publishing route because I wanted to maintain the rights to my own work and have an active say in the process. In the end, you have to look at your goals and objectives and align yourself with a publishing partner that complements your values and desired outcomes.

What experiences helped shape your ability to write *Butter Side Up*?

Everything! I believe in being as clear and concise as possible when you write, and my experience with teaching kindergarten helped me to learn how to provide information in bite-size pieces. My consulting experience helped me understand how to navigate change from a business perspective and enabled me to transfer those skills. My own experience with a head injury not only helped me empathize and understand C’s journey, it helped me understand the feelings and symptoms that go with it. Finally, my role as a caregiver gave me the ability to see the challenges one faces from an advocacy role.

"The first step to getting somewhere is to decide that you are not going to stay where you are."

-J.P. MORGAN