

Book
club
Kit

Down-
loadable

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WELCOME

Dear Friends and Fellow Readers,

I'm thrilled and honestly a bit overwhelmed to welcome you to "Covered in Flour." This book is a big leap for me, moving from a career in medicine and informatics to the somewhat unpredictable world of storytelling. It's my first book, drawing from a culmination of a lifetime's worth of experiences, dreams, and stories that have been simmering inside me.

"Covered in Flour" isn't just a coming-of-age tale. It's also a patchwork of memories, personal reflections, and those universal moments that resonate with so many of us. This story sprouted from the encouragement of people I hold dearest. Pulling from my own life as an Italian-American growing up in the '60s and my journey as a gay man navigating a changing world, this book is deeply personal.

Inside this book club kit, you'll find a mix of materials I've put together to make your reading experience even richer. There are discussion questions to spark conversation, a Spotify playlist to set the mood, a few photos from the story and a little about my background to show you where this story comes from.

I can't wait for you to dive into this kit and start exploring "Covered in Flour." My hope is that this story touches you, brings back memories, starts conversations, and maybe even inspires you to see the magic in everyday life.

Thank you for joining me on this journey with "Covered in Flour." Your interest and enthusiasm truly mean everything to me.

Warmly,
Charles Presti

AUTHOR BIO

Embarking on a fresh journey as a storyteller, Charles Presti brings a lifetime of experience as a retired physician and informatics specialist to his new role. Though "Covered in Flour" marks his debut as a published author, Charles has delighted family and friends with his heartwarming tales for years. This coming-of-age story was born from the encouragement of loved ones who pushed him to share his stories through writing.

While not identifying purely as an author, Charles finds joy in spinning stories that resonate with readers. He draws inspiration from his Italian-American upbringing in 1960s suburbia as well as his experiences as a gay man finding his place in the world.

When he's not crafting poignant narratives, you can find Charles enjoying life in Pensacola with his husband Mike Bruce, their Wheaton Terrier Zoey, and their close-knit community. Charles and Mike stay active with their charity "Sunday's Child," which funds local non-profits and promotes diversity and inclusion.

With warmth and authenticity, Charles' debut novel captures the complexity of growing up in a rapidly changing America. He invites readers into a world of family, self-discovery, and the meaning found in everyday moments.

AUTHOR

PERSONAL NOTE

I would appreciate your sharing your thoughts and experiences with others. Your insights are invaluable, whether on Goodreads, your cherished local bookstore's website, or social media platforms like Facebook and Instagram. And if you're inclined, leaving a review on Barnes and Noble or Amazon would be incredibly appreciated!

Also, I have an exciting offer for you! How about I join one of your book club meetings via Zoom? It would be a delightful opportunity to connect, discuss the book, and share stories. And if you're curious about what's next and other updates, I'd love for you to subscribe to our newsletter.

Your engagement means the world to me, and I can't wait to hear all your thoughts!

Thank you.

Charles Presti

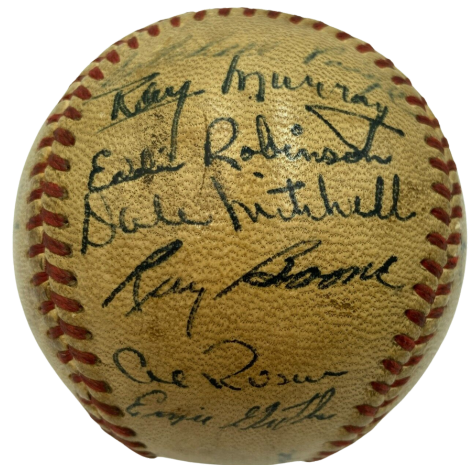
PLAYLIST



PHOTOS



Baby Doll Jesus



Autographed Baseball



Pink Jeep



Orange Lounge Chair

DISCUSSION QUESTIONS

1. Exploring the Era: How does the setting in the 1960s shape the story, and what aspects of the era are most vividly portrayed through the characters' lives?
2. Family Dynamics: The protagonist's family history is richly detailed. How do these family stories and traditions influence the protagonist's development?
3. Historical Events: How are historical events, like the race riots and the mock election, woven into the fabric of the narrative, and what impact do they have on the characters?
4. Character Growth: In what ways does the protagonist grow from the beginning to the end of the novel? Are there any pivotal moments that significantly contribute to their coming of age?
5. Cultural Heritage: The title "Covered in Flour" suggests a connection to food and cultural heritage. How do these elements serve as metaphors for the themes explored in the book?
6. Social Issues: The book touches on issues of race and inclusion. How do these issues affect the characters, and what conversations do they inspire within your book club?

DISCUSSION QUESTIONS

7. Literary Devices: What narrative techniques does the author use to bring the story to life, and how effective are they in immersing you in the protagonist's world?
8. Emotional Impact: Which part of the story resonated most with you emotionally, and why?
9. Comparative Analysis: If you have read other coming-of-age stories or historical fiction set in the same era, how does "Covered in Flour" compare? What makes it unique?
10. Conflict and Resolution: What are the central conflicts in the novel, and how are they resolved? Are there any conflicts that remain open or unresolved?
11. Symbolism: Are there recurring symbols throughout the book? How do they contribute to the overarching themes or the characters' journeys?

AUTHOR

Q & A

Can you please introduce yourself? Readers would love to know more about you.

I'm Chuck Presti. I am a retired physician, and these days, I find my joy in simpler things—being a husband, a stepfather, grandfather, and a brother. The moments I cherish the most are the quiet ones spent with the people I love, including our Wheaton Terrier.

What were the key challenges you faced while writing your book "Covered in Flour"?

Translating thoughts to paper was a humbling process. "Covered in Flour" was always there—in my memories, conversations, and personal experiences. The real challenge was giving it structure, making it a story that others could relate to. And as a first-time author, that was daunting.

What books or authors have most influenced your own writing?

Harper Lee's sincerity, Mark Twain's keen observations, Dr. Seuss's imagination, and JK Rowling's storytelling have been cornerstones in my understanding of what literature can achieve.

When writing a book how do you keep things fresh, for both your readers and also yourself?

Freshness comes from authenticity. I draw from life, from people I know and experiences I've had. Maintaining my own voice amidst the narrative is perhaps my way of keeping it real—for both the reader and myself.

What inspired you to write the book 'Covered in Flour'?

The inspiration for "Covered in Flour" came from the people closest to me. They encouraged me to put to paper the stories I'd often share around the dinner table. The setting of the 1960s adds an extra layer of complexity, mirroring a period that was pivotal for me and my generation.

How long did it take you to write your book 'Covered in Flour'?

Though the ideas have been marinating for years, laying them down in a coherent manner took about a month. That month was a cycle of writing, feedback, and editing, made easier by the unwavering support of my husband and friends, as well as some help from AI.

Tell us about the process of coming up with the book cover and the title 'Covered in Flour'?

The title and the cover were born from intense brainstorming. We wanted to encapsulate the Italian-American experience, the importance of family and food, and the messy journey of growing up. "Covered in Flour" seemed to say it all.

What is the most valuable piece of advice you've been given about writing?

Being a novice in this field, the advice that resonates with me the most is to be authentic and to be a good listener. Authenticity ensures that your voice remains yours, and listening carefully makes that voice worth hearing.