

Book Club Kit



AMY LEA

*He makes her
heart race.*

Set
on
You

"Fresh, fun, and extremely sexy."

—HELEN HOANG, USA Today bestselling
author of *The Heart Principle*

DEAR READERS,

The first seed of inspiration for *Set on You* came while I was profusely sweating in a '90s Girl Power-themed spin class. As I struggled not to keel over and succumb, I couldn't help but think, wouldn't the gym be the cutest place to meet someone (if sweat weren't raining down my forehead)? Fueled by my budding romance book idea, I pedaled harder and faster, giddy over the thought of two gym nemeses trying to out-do each other in a workout. This sparked a glitter bomb of ideas for enemies-to-lovers shenanigans.

Crystal Chen came to me as a fully fleshed-out character almost immediately. Maybe it was the powerful vocals of Christina Aguilera during that spin class, but I've always been drawn to strong, confident main characters. The more I wrote, the more I pulled from own journey to self-acceptance. As an Asian girl who grew in an all-white community, I seldom saw myself represented in books or film, aside from flimsy side characters. When you don't regularly see yourself represented in the media you consume, you begin to think you're not worthy of being a main character in your own life. I wanted to change this.

If there's one thing I'd like readers to take away from this story (particularly those who don't conform to mainstream Western beauty standards), it's that loving yourself and moments of doubt are not mutually exclusive. Even someone like Crystal—an idol in the body-positive community—has moments of insecurity. Society has a long way to go in normalizing marginalized bodies as being worthy of love—so be easy on yourself.

Most importantly, I hope readers come away from *Set on You* knowing they deserve to be the main character in their own story, with their very own happily ever after.

Thank you so much for spending your time with Crystal and Scott!

With love,
Amy

Discussion Questions

1. What's the most infuriating example of a breach of gym etiquette?
2. In the beginning of the book, Crystal is a staunch advocate of the body positivity movement. How does her view on self-love evolve toward the end?
3. Scott and Crystal face off multiple times in the first third of the book. How do Crystal's personal life experiences affect the way she views Scott? Is her initial judgment of him fair? Why or why not?
4. How did Crystal's past relationship with Neil impact her ability to open up and trust Scott?
5. Mel points out that people of all sizes struggle with self-confidence, using the example that thin celebrities are also fat shamed. Do you believe that such individuals experience the same kind of pain when trolled as someone who is mid- or plus-size? How is being body shamed as a mid- or plus-size individual different? What are the privileges of being straight-size?
6. What are Western society's mainstream ideals of beauty? How does Crystal differ from this ideal being mid-size (not straight-size and not plus-size)?
7. Crystal's client says that self-love isn't static and tangibly attainable. Is this true? Why or why not? Do you believe you can love yourself while also having days where you criticize yourself?

8. This book is written in a humorous manner, while also dealing with heavier topics such as fatphobia and cyberbullying. Do you think heavy topics have a place in rom-coms?
9. Would more representation in Crystal's life growing up have changed the way she viewed herself as a young girl? How did it influence her views as an adult?
10. What other types of representation would you like to see in the romance genre?
11. Crystal's father divulged his own experience with self-doubt as a Chinese man in a relationship with her mother, a white woman. How do his experiences with racism mirror Crystal's struggles with fatphobia in the fitness community? How do they differ?
12. How did Scott's experience with childhood bullying affect his decision to fight back against Crystal's online bullies? Was he justified? Or do you agree with Crystal that he overstepped? If so, how could he have handled it differently?
13. Crystal's platform is to end harmful, fatphobic stereotypes in the fitness industry. What kind of stereotypes are women who don't fit the "ideal" subjected to in this industry?
14. Was Crystal's experience going viral worth it? Did she need to suffer or could she have come to the same conclusion without this experience?

Crystal's Workout Playlist

FITNESS

Lizzo

POWER

Kanye West

GIMME MORE

Britney Spears

'TILL I COLLAPSE

Eminem, Nate Dogg

NUMB/ENCORE

Jay-Z, Linkin Park

THE MOTTO

Tiësto, Ava Max

GOOSEBUMPS

HVME

IF WE EVER MEET AGAIN

Timbaland, Katy Perry

MORE THAN YOU KNOW

Axwell /\ Ingrosso

COLD HEART, PNAU REMIX

Elton John, Dua Lipa, PNAU

MY PREROGATIVE

Britney Spears

SHAKE IT OFF

Taylor Swift

PURSUIT OF HAPPINESS

Kid Cudi, MGMT, Ratatat,
Steve Aoki

SOULMATE

Lizzo

BORN TO BE YOURS

Kygo, Imagine Dragons



Scan or click to listen on Spotify



WHICH INFLUENCER HEROINE ARE YOU?

Set on You is the first in a series featuring a trio of three Chinese American social media influencers who smash the patriarchy, fall in love, and find themselves. Which heroine are you? Take the quiz and find out!

1. In your friend group, you're...

- a.** The confident, loyal queen who will drop everything at a moment's notice to rush to your friend's side. You always put others before yourself.
- b.** The upbeat, positive, chatty idealist who everyone is drawn to.
- c.** The fabulous one. Everyone goes to you for makeup, hair, and clothing advice. Honestly, it's because of you that your friends don't look a mess.

2. Your ideal partner is...

- a.** Funny, outgoing, confident, emotionally mature, and unafraid to shout their undying love for you from the rooftops.
- b.** They may not be the loudest person in the room, but they're stable, nurturing, and hopelessly devoted to you.
- c.** Stubborn, kind of broody, but they live life to the fullest. They're always up for an adventure, particularly if it's in nature (with you at their side, of course).

3. On any given weekend, you're watching...

- a.** Catching up on any of the Real Housewives franchises
- b.** The same old rom-com you've already watched 3,985,395 times (IT'S A COMFORT WATCH, OK?)
- c.** A gritty, nightmare-inducing true crime limited series (you may or may not sleep with the lights on)

4. How do you de-stress?

- a. Crushing some squats at the gym, followed by a long run home
- b. Curling up with a hot beverage, a steamy book, and an old rom-com movie in the background
- c. Retail therapy and pampering

5. If you could only listen to one pop queen on repeat forever and ever, who would it be?

- a. Lizzo
- b. Taylor Swift
- c. Ariana Grande

6. At a party, you'd be...

- a. The last to arrive and the first to leave (sorry I'm late, I didn't want to come)
- b. Trapping people in corners with long-winded tales about the latest drama in your life
- c. The hostess with the mostest! No, really. You've planned every minute detail of this party for weeks and you're stressed to the max, running around, making sure everything goes smoothly.

7. What is your biggest character flaw?

- a. You don't like appearing weak, especially to loved ones. You prefer to shoulder burdens on your own.
- b. You let your emotions get the better of you and often act before thinking. Oh, and you hold some serious grudges.
- c. You're so worried others will drop the ball and disappoint you that you don't let many people into your life.

TALLY HOW MANY OF EACH LETTER YOU CHOSE.

Mostly A's – Crystal Chen (the Fitness influencer)

You're the mom of your friend group. The one who holds your friend's hair after a hard night of drinking. You're responsible, wise beyond your years, and even-tempered. You're a confident, badass who will always go out of your way to help others, even if it's at your own detriment. Sometimes people take advantage of your generosity, which is why trusting others doesn't come naturally. When things go wrong, you tend to stew over it all by your lonesome, mostly because you're afraid of burdening others.

Mostly B's – Tara Chen (the Book influencer)

You're the romantic dreamer of the group. People love your idealistic, positive vibe. Love and interpersonal relationships guide you and bring you the most fulfillment. You're friendly, open-minded, and loyal to those in your inner circle, like a golden retriever puppy. When you fall for someone, they're all you can think about. You can get a little obsessive, to the point of smothering others. If someone betrays you or those you love, it cuts deep. You may forgive, but you will NEVER forget.

Mostly C's – Melanie Karlsen (the Fashion/Beauty influencer)

You may have a tough, hard-shell exterior, but inside, you're soft, gooey and sensitive. You may not have the biggest social circle, mostly because it takes time for people to break down your barriers. However, your close friends know you have their back. You're the friend who will always bring the real, even when it's tough. You're no stranger to hard work. In fact, you thrive on busting your ass to achieve your dreams. You're less interested in traditions and tend to focus on finding true happiness, even if it's a less conventional path. You're not afraid of a challenge. In fact, you welcome it.