



Lauren  
Parvizi

AUTHOR OF LA VIE, ACCORDING TO ROSE

## About

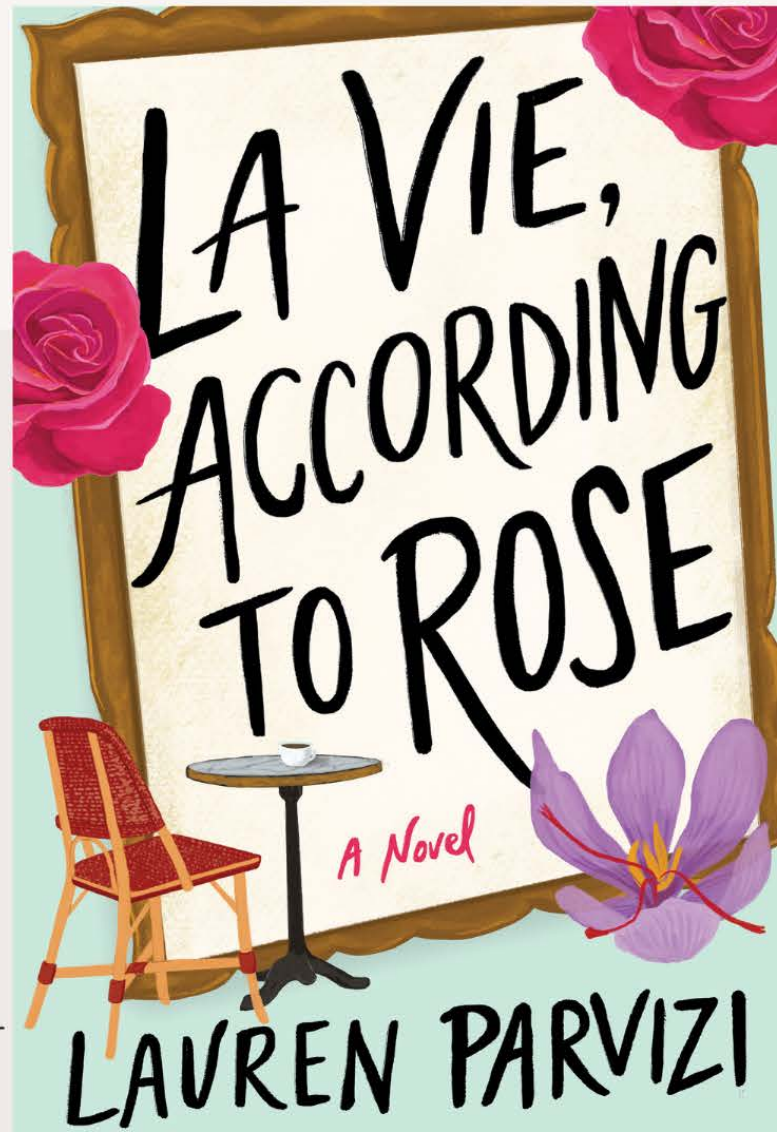
Lauren Parvizi (par-Vee-Zee) is the debut author of *La Vie, According to Rose*. She worked for more than a decade as a digital editor and writer, including a stint as a love and relationship columnist, and earned an MFA from San Francisco State University. Her writing and editorial credits include *Via* magazine, *SFGATE*, the *San Francisco Chronicle*, and *PopSugar*. She lives in the San Francisco Bay Area with her husband and sons.

A HEARTFELT NOVEL ABOUT SELF-DISCOVERY,  
GRIEF, AND A ONCE-IN-A-LIFETIME CHANCE TO  
START OVER.

Rose Zadeh pleases everyone, except herself. Memories of her late Iranian-immigrant father, who valued hard work and family, keep Rose in a dead-end job as a Silicon Valley copywriter, and tethered to her guilt-trippy mom and needy sisters. As much as it would disappoint her father, Rose needs an escape. Voilà! A mandated vacation gives her the chance. Three weeks on a long-dreamed-of trip to the City of Light.

Instead of landing in a Parisian fairy tale, Rose falls under the spell of a charming and possibly dangerous expat and encounters an old family friend keeping a surprising secret. With the aid of a French self-help guru, Rose really believes she's blossoming. Until an unwelcome reminder of home proves that finding herself will require more than a change of scenery.

From Paris's cobblestone streets to Provence's sun-soaked hills, Rose embarks on a journey of adventure, betrayals, and even amour. For the first time, the directions she follows are up to her.



# PRAISE FOR LA VIE, ACCORDING TO ROSE

“An amusing escapist romp with moments of poignancy.” —*Kirkus Reviews*

“This enjoyable book is a testament to how embarking on new adventures can result in positive, life-affirming change.” —*Booklist*

“Filled with vibrant characters and family dynamics, *La Vie, According to Rose* is one woman’s story of leaving guilt, fear, and old patterns behind while reaching for a new life, love, and future—in Paris, no less! I loved it, and I know anyone who picks this book up will, too.” —Ann Garvin, USA Today bestselling author of *I Thought You Said This Would Work*

“With an irresistible cast of characters, a story of art and intrigue, and the perfect amount of romance, *La Vie, According to Rose* is every bit as charming as the City of Lights and a winning addition to women’s fiction.” —Camille Pagán, bestselling author of *Good for You*

“Lauren Parvizi deftly weaves romance and intrigue, hardship and humor, culminating in a clever, thoughtful novel that’s at once light-hearted and tender. *La Vie, According to Rose* reminds us that sometimes everything we’ve been searching for is right in front of us...or perhaps in Paris! A charming romp through Paris and Provence, a mysterious expat, a blossoming romance between two delightfully flawed characters—this novel has it all! Magnifique! A treat from start to finish!” —Lori Nelson Spielman, *New York Times* bestselling author of *The Star-Crossed Sisters of Tuscany*

“*La Vie, According to Rose* is the perfect escape for anyone who feels the tug of wanderlust and longs to book the flight. It’s a story about self-discovery, the multi-faceted bonds of family, and living a life without regret - all set in the lush surroundings of a wide-eyed traveler’s first trip to Paris. With a few laughs, and more than a few tender smiles, this novel will sweep you off your feet and charm you all the way through to the streets of the Marais and beyond.” —Kelley McNeil, author of *A Day Like This*

“*La Vie, According to Rose* is a fun and insightful journey through Paris replete with self-discovery, an art heist, family interference, and romance. As Rose spends her vacation exploring the sights of the city, she discovers truths we all need to learn.” —Marjan Kamali, author of *The Stationery Shop*

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## Discussion Topics

- The intersection of guilt and personal desire
- Identity and obligation as a child of an immigrant
- Fraught family dynamics and the eldest sister complex
- Food and cooking as a link to generational memory
- Writing and motherhood
- Journaling as an act of self-help.
- Escapism as it relates to genre and rebellion.
- The allure of the City of Light

## Interview Questions

- How did the story idea for *La Vie* develop?
- How does your background—and your father's immigration story—connect to the book?
- How did the theme of family obligation take shape?
- What makes advice columns so compelling?
- What role does food play in understanding our familial roots?
- Why Paris?