



Book Club Questions

1. What was your initial reaction to the book? Do you think the author succeeded in what she was out to accomplish?
2. Read your favorite passage from the book out loud and explain why you liked it or what it made you think about.
3. How did the author's voice or opinions shape your understanding of this subject?
4. Did the book shed new light on anything about your own life? Anything you care to share...? What difference does it make for you now that you have a new take on that aspect of your own experience?
5. Did the book change your perspective about anything? Do you feel different now – or do you think you'll do anything different – now that you've read the book?
6. Did you do any of the exercises? If so, which ones? Did you find it useful, and if so, how? Did you download the workbook?
7. What makes this book different from other books on this subject? How do you think this one compares?
8. Is this a book you'd recommend? Who do you think would benefit from reading it?