

trust yourself to be all in

Book Club Discussion Questions

1. What was your favorite part of the book?
2. Did you find the book relatable?
3. What part(s) of the book, if any, moved you emotionally?
4. Was the book a quick or slow read?
5. Which scene stuck with you the most?
6. What did you think of the writing? Are there any standout sentences?
7. Did you reread any passages? If so, which ones?
8. What surprised you most about the book?
9. Have you experienced a "catalyst" that changed your life? What was it, and how?
10. If you could ask the author anything, what would it be?
11. If you could give the book a new title, what would it be?
12. Did the book live up to your expectations?
13. Does this book remind you of another book?

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Book Club Discussion Questions Cont.

14. What is your "Great Myth"?
15. Did your view of life and death change due to reading this book?
16. Did the authors experience provide you with an alternative perspective on loss and grief?
17. Which suggestions did you find helpful regarding difficult relationships?
18. When is a time you acted with emotional integrity?
19. Are you comfortable initiating a "Place of Oneness"?
20. Have you been to a place that sparked deep emotional healing? If so, where is it?
21. Do you have a "Little Amanda"? If so, what would you like to say to her?
22. Do you experience synchronicity? What do those moments mean to you?
23. Did this book inspire you in any way?

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Book Club Discussion Questions Cont.

24. In what ways did you learn to connect with self, others, and the universe? Will you use these methods going forward?

25. Would you consider rereading this book?

26. What attracted you to this book? The title, artwork, back cover blurb, the reviews?

27. Who do you want most to read this book?

28. Would you want to read another book by this author?

29. Are there lingering questions from the book you are still thinking about?

30. Will you remember this book in a few months, years?

Feel free to pick and choose questions to curate your own list for your group.

Thank you for reading my book!

Love, Amanda