



BOOK
guide



BOOK guide

How did the book make you feel?

- Were you amused, upset, bored, angry, intrigued?
- Did you have to force yourself to get through it or were you unable to put it down?
- Are you glad you read it?

Are there any quotes, passages, or information you found particularly compelling?

- Feminism
- Bank
- Inbox
- Time
- Connection
- Harmony

How did this book change you?

- Do you have a new perspective because of reading this book?
- Did you learn something you didn't know before?
- Has your attitude or behavior changed?
- How might you apply these strategies and solutions in your own life?

What did you learn from reading this book?

- Did the book confirm something you already knew?
- Is there a piece of advice or wisdom that you disagreed with? Why? What would you suggest as alternative?

How familiar are you with these topics?

- Have you read anything else about the subject that you'd recommend to your group members?

What personal or group action can you take after reading this book?

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