

Book Club Discussion

**Singing Through Change: Women's Voices in Midlife, Menopause and Beyond**

Nancy Bos, Joanne Bozeman, Cate Frazier-Neely

1. Non-fiction books have different purposes. Usually they fall within either persuasive writing, informational writing, biography or autobiography. What did you feel the main purpose(s) of *Singing Through Change* were?
2. Do you feel *Singing Through Change* succeeded in its purpose(s)? Why? Were you persuaded, or taught something? Did you get glimpses in the stories of other people or the authors?
3. Was there a specific chapter or passage that left an impression on you? Share portions of the chapter or passage and the effects on you.
4. What personal opinions or thoughts about the book's topics changed or solidify for you? Share with your group what, specifically.
5. If you are a singer or voice user, director or teacher, did you find the book useful for you personally, and how so? Since *Singing Through Change* is not a "how to sing" or "how to teach" manual, what overlying principles caused you to reevaluate or solidify your work?
6. Were there things that surprised you about *Singing Through Change*? If so, what were they?
7. The way a non-fiction book is written will impact a reader's enjoyment and understanding of it. Is the book written in a way that you found accessible? Were unfamiliar terms and concepts explained?
8. Do you plan to follow up on reading or seeking out any of the resources listed in the book's bibliography? Share your interests into further reading or activities.