

***The Secret Practice:  
Eighteen Years on the Dark Side of Yoga***

**Book Club Questions**

1. Why do you think Joelle was so susceptible to Arun's mental and emotional control?
2. How do you think Joelle's family and upbringing played into in the story?
3. What did you think of the other characters in the yoga world, Angela and Gabriel? What role do you think they played in the story?
4. What do you think were the factors that led Joelle to regain control of her life?
5. Did you find the story believable? If not, why not?
6. What surprised you the most about *The Secret Practice*?
7. How did you find the narrator's voice?
8. What did you think of the writing style and book structure?
9. How did you feel when you finished reading?
10. What were your views of brainwashing or mind control before reading this book, and what are your views now?
11. What, if anything, did you want to know more about when you finished the book?
12. What did you learn from reading this book? What were your takeaways?
13. What other books have you read that remind you of this one or that have parallels with it?
14. Why do you think the author wanted to write his memoir? Would you ever consider writing one? If not, why not?