

Book Club Questions

General nonfiction book club questions

1. What were the main themes and messages of the book, and how did the author convey them?
2. What did you find most interesting or surprising about the book?
3. How did the author support their arguments or ideas? Did you find the evidence and examples convincing?
4. Did you find the writing style effective? Was it engaging and easy to follow, or did you have any difficulties?
5. Were there any parts of the book that you disagreed with or found problematic? Why?
6. Were there any personal anecdotes or stories in the book that resonated with you? Why?
7. How did the book compare to other books or sources you've read on the same subject?
8. What were some strengths and weaknesses of the book?
9. How did the book impact you? Did it inspire you to take any action or delve deeper into the subject matter?
10. Did the book prompt any further questions or areas of exploration that you would like to pursue?
11. If you had the chance to ask the author of this book one question, what would it be?
12. What do you think of the book's title? How does it relate to the book's contents?
13. Would you recommend this book to others? Why or why not?

Specific “*Field Guide*” book club questions:

1. Chapter one talks about finding your passions which takes **commitment**. Discuss the following questions during book club. If you don't have time for all the questions, skip to letter f.
 - a. Look back over the last six months and think about the places you frequented most. Do any of these places make your heart skip a beat?
 - b. When at a party or gathering, which topics of conversation make you light up and want to really engage in the conversation?
 - c. What activity do you get completely lost in?
 - d. What activities bring you the most joy?
 - e. What issues are important to you? Passion often comes from a sense of purpose or desire to make a difference in the world.
 - f. **If money were no object, what would you spend your time doing?**

2. Chapter four discusses facing your fears and creating a “**courage** catalog.” It is suggested that you complete this exercise prior to book club. Pick your top three proudest moments. These moments will become your real-life confidence boosters (your superpowers). Ask the group if anyone would like to share one of their top proudest moments.
3. Chapter five is about creating a Bucket List which is one way to **honor** yourself.

Play “ten questions” with book club.

- a. What are places you’ve only dreamed of visiting?
- b. What sporting event would you like to see in person?
- c. If you had a genie in a bottle, what three wishes would you ask for?
- d. I don’t want to regret not doing _____ (respond to this question more than once).
- e. What was one of your childhood dreams?
- f. If you only had one year left to live, what is the one thing you would want to do?
- g. Is there an experience you’ve always wanted to try close to home?
- h. Is there someone famous you would love to meet?
- i. What’s one crazy thing you would love to do, even if it’s way out of your comfort zone?
- j. Is there someone you’d like to reconnect with or apologize to before you die?

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