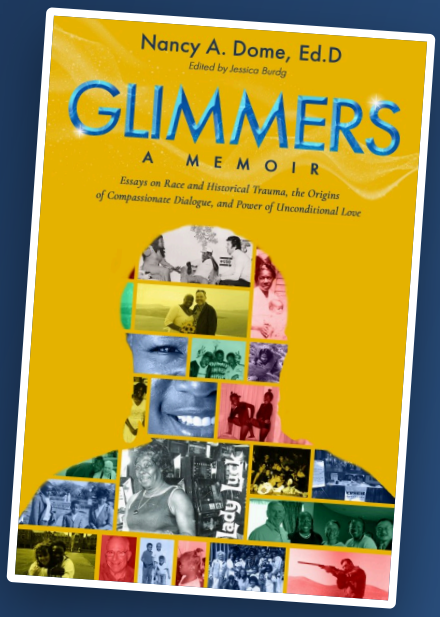
EPOCH EDUCATION

FREE BOOK CLUB GUIDE · ONE SESSION

Glimmers: A Memoir

For book clubs, staff teams and reading groups. From Dr. Nancy Dome and Epoch Education.



Welcome

Glimmers is a collection of short, true stories from Dr. Nancy Dome's life, from childhood in unincorporated West Hollywood to the classroom, Europe, Africa, Montana and the founding of Epoch Education. Each story ends in a lesson about how we grow, heal and connect.

This guide helps your group discuss the whole book in one meeting of about 90 minutes.

How to run your book club

Size: 4 to 12 people works best.

Facilitator: Rotate the role, or ask one person to keep time.

Bring: The book and a journal. Before each session, note one moment from your own life that the reading brought to mind.

Care: Some stories touch on family hardship, discipline and loss. Invite people to share only what feels right, and to pass on any question.

Agenda: Welcome and agreements (10 min), opening (10 min), discussion (50 min), step back (10 min), close (10 min).

Engagement agreements

Read these aloud at the first session.

1. **Start where we are.**
2. **Listen to understand.**
3. **Respect confidentiality.** Stories shared here stay here.
4. **Share your own story, not someone else's.**
5. **Pass is always an option.**

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ONE SESSION

The Whole Book

About 90 minutes

OPENING · 10 MIN

Share your name and one place you lived as a child that shaped you.

DISCUSS

1. Which story stayed with you most? Why that one?
2. In “Switches and the South” (p. 57), love and fear live in the same people. Who in your life held both?
3. Ki and Kenyata changed Nancy's story simply by showing up (“The Transformative Power of Simply Showing Up,” p. 123). Who did that for you?
4. “The Wrong Girl in the Video” (p. 157) is about being misjudged. When have you been misjudged, or misjudged someone else? What would repair have looked like?
5. In “From Wales, With Love” (p. 227), Dr. Dome re-meets her mother with empathy. What do you understand about a parent or caregiver now that you didn't as a child?
6. “Watering the Seed” (p. 217) is about discovering race as a construct. What beliefs about race have you carried that weren't yours to carry?
7. “On Healing” (p. 283) is about rewriting our own stories. What story about yourself are you ready to rewrite?
8. The Epilogue (p. 299) is about forgiving ourselves and each other. What does forgiveness make possible for you?

> **STEP BACK**
>
> Sankofa means looking back in order to move forward. Which glimmer from your own life did this book bring back, and what are you carrying forward from it?

CLOSE

“One glimmer I'm taking with me is…”

NOTES

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GO DEEPER ONLINE

Glimmers Online Book Study

- A digital copy of the book and the family photos behind the stories
- A printable Glimmer Journal and Sankofa reflections for every session
- A Facilitator Guide for group sessions
- A certificate of completion

Group and organization licenses are available.

epochacademy.thinkific.com/courses/glimmers-book-study

Be Brave. Be Bold. Be Epoch!

Want Epoch to lead the conversation for your team? Email hello@epocheducation.com

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