



Falling Together: How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart

Reader's Guide

General Questions

What do you think was the purpose of this book (e.g. to teach, to entertain)? Did it succeed?

Did you notice any themes throughout the book? What were they?

Why do you think the author wanted to share her story?

What was your favorite quote? Why did it resonate with you?

Was there a specific passage that had left an impression, good or bad? Share the passage and its effect.

Which was your favorite chapter? Why?

Did the author's use of personal stories add to or detract from her message?

How credible/believable did you find the personal stories to be? Did you feel like you got the 'true' story?

Do the issues the author writes about affect your life? How so—directly, on a daily basis, or more generally? Now or sometime in the future?

Was there a lesson(s) that could be taken away from this person's life? What was it and why is it important?

Did the book change your opinion or perspective about anything? Do you feel different now than you did before you read it?

Were there any parts of the book where you would have liked more information?

Did the book remind you of any other memoirs or biographies you've read?

Are you glad you read this book?

Your Connection with the Author

How much did you know about the author before reading the memoir? What did you think of her?

If you were already familiar with the author, has the book changed your view of her?

Is the author someone you would want to know better?

What's the author's most admirable trait? Is there any way in which you resemble the author or wish to?

Was there anything especially surprising about the author's story? Was there anything you weren't expecting? What was it and why?

Did preconceived opinions of this person change after reading their story? If so, did it change for the better or the worse? Explain.

What one question would you ask the author if you could?

Thinking Beyond the Book

What topics does the book make you want to explore further?

What 3-5 things will you put on your action list after reading the book?

What changes, if any, will you make in your life / how you deal with things after reading this book?

