

## SUGGESTED MANAHOLIC® BOOK CLUB DISCUSSION QUESTIONS



One of my reasons for being open and sharing my stories is to encourage public discussions about experiences without shaming or blaming trauma victims. It's about sparking conversations that lead to change. For centuries, people have gathered in circles to share wisdom through storytelling, passing down valuable insights from generation to generation.

My hope is that you will come together in groups to discuss, inspire, and support one another in a safe and positive environment, free from judgment or criticism. This will allow us to explore our challenges and opportunities and hopefully lead to healing and growth. We have more in common than we realize, and we are stronger when we stand together.

Please use the below questions as a guide to initiate your book club's discussions. You may use one question or all of them. Or maybe you have created your own. The questions are not as important as having the discussions and holding space for people to share authentically.

1. How did the book's pacing affect your engagement with the story, and what kept you turning the pages?
2. If you had to capture the essence of this book in one sentence, what would it be?

3. What drew you to this book initially, and were there any hesitations you had before reading it?
4. In what ways do the themes and issues presented in the book resonate with your own life experiences?
5. How has the book influenced your views on how society responds to victims of trauma?
6. What is the most significant lesson or insight you gained from reading this book?
7. Which chapter or moment from the book has stayed with you, and why?
8. How do you relate to the concept of being a "Manaholic," either personally or through someone you know?
9. What new perspectives or understandings did you gain about unhealthy relationships from this book?
10. How do you feel about engaging in difficult or uncomfortable conversations? What role might they play in your life?
11. What was the most unexpected element or revelation in the book for you?
12. After reading this book, what changes do you anticipate in your thoughts or actions moving forward?

