

## SUGGESTIONS FOR ENGAGING THE BOOK

Reading *The Not So Big Life* together requires a different process than your group might be used to. We have compiled some suggestions based on reader feedback. Please let us know if you have ideas that other groups might benefit from.

### FORMAT

Although it is possible to read *The Not So Big Life* quickly, most people find that they need more time to allow for processing and fully engaging the exercises. We suggest that your group read the first 3 chapters, and then discuss how you would like to approach the book.

Some possibilities are:

1. Assign the book several months in advance of a discussion date, asking members to begin reading and taking notes. Readers will then have as much time as they need, and not feel hurried to finish before they are ready.
2. Consider doing a chapter from the book per month, devoting the entire first meeting to general overall discussion, and 15–20 minutes of subsequent meetings to each chapter after that.

### CONSIDERATIONS

This book is very personal, and generates a discussion less about the content of the book or writing style of the author, and more about the reader's process in engaging it.

1. Some people may be uncomfortable with personal discussion in a group setting, or you may find some who are skeptics of the "self-help" genre. However, this discomfort and skepticism can act as a wonderful catalyst. Encourage people to talk as openly as possible.
2. Keep the discussion to an open-ended inquiry. Although it can be difficult to reside in ambiguity, you will find that holding the question without striving for an answer brings the discussion to a new level.

### POSSIBLE QUESTIONS FOR DISCUSSION

1. What chapter or section from the book stood out for you, and why?
2. What *Exercise* or *Your Turn* stood out for you? What did you experience in engaging it?
3. Did you have an "aha" while reading the book? Explain. What is an "aha"?
4. What exercise(s) or principle(s) from *The Not So Big Life* were you already practicing in your life before reading the book?
5. How did the book help you understand on a new level something you already knew?
6. Which exercise(s) or principle(s) did you find most difficult? How did you work with this difficulty?
7. Did the book catalyze any changes in your life, or give motivation for change? If so, explain.
8. If you could take one tool from the book and give/teach it to others, what would it be? Why?
9. How do you typically handle stress? How has that changed since reading the book?
10. What impact, if any, has the book had on your relationships?

### YEAR-END RITUAL

When you read the book, you'll find out that one of the most important tools for growth is something Sarah calls the *Year-End Ritual*. Consider doing this exercise together at the end of each year. It's a way for your group to continue to reap the benefits of approaching life in a Not So Big way for the long haul.