



BOOK CLUB KIT

Discussion Questions



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1. What is your it? Your search? Can you identify with being an “expert” searcher?
2. Why do you think we are drawn to alternative therapies and modalities?
3. At only seven years old, Megan asks Santa for a mantra. Did you have any unusual requests when you were a kid?
4. Discuss Megan’s parents. In what ways does her upbringing differ from yours? In what ways is it similar?
5. Did any of the modalities appeal to you? Why? Any that sounded too “out there”?
6. Whether laughing or crying or angry, did you find yourself having an emotional response in the book? If so, how did you feel? Any sections in particular?
7. In all the modalities, therapies, and practices Megan cites, do you see any universal themes that connect all of them? What comes to mind?
8. What do you think of Megan’s mother’s reaction to Tim’s arrest? Why do you think Megan found it unsatisfactory?
9. Do you think Don helps or hurts Megan and Tim’s marriage? In what ways? Why do you think they stayed with Don for so long? Would there have been a different outcome had Don never been in the picture?

10. Do you believe there are topics that are “off-limits” in a marriage? Do you think Megan was entitled to Tim’s whole truth?
11. Discuss boundaries. Megan says she doesn’t like how it feels when hers finally show up. What do you think they feel like?
12. How does Megan feel about “joy”? Are your feelings similar?
13. What do you think of Megan’s relationship with Laird? Why does Megan behave the way she does?
14. Discuss Megan’s journey of healing via her own practice as an acupuncturist? What was your impression about healers before? What do you think now?
15. Do you think Megan’s tone and approach to alternative therapies shifts from beginning to the end of the book?
16. What do you think Megan was initially seeking? What do you think she found?
17. Do you think Megan is actually making a commentary on self-help? If so, what is it? Or is it more a commentary on how to choose more carefully what you try?
18. If you could tell Megan one thing to help her during her journey, what would it be and at what stage would you have told her?

