



**LIVE LEARN LOVE WELL
BOOK CLUB KIT**

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DISCUSSION QUESTIONS

- 1.** Has perfectionism affected your life? Do you ever feel pressure to “get yourself together”? If so, how do you generally go about accomplishing that? What did you learn about the difference between progress and perfection? How will you live intentionally in progress rather than perfection?
- 2.** Discuss Emma’s attitude toward her mixed-race ethnicity and how it informed and shaped her into the woman she is today. How did being mixed race impact her experience growing up?
- 3.** We all have a bad habit that we rely on to get us through tough times. What’s one in your life that you’d like to eliminate to better your health and overall wellness?
- 4.** Emma states that when grieving it is “so tempting to numb ourselves during difficult times, with alcohol, food, or even flat-out denial.” How do you deal with grief in your own life?
- 5.** Emma shares many personal stories and anecdotes in this book. Did learning about her struggles and triumphs impact your view of how fearlessness can be achieved? How so?
- 6.** Emma discusses being comfortable with your true self, which isn’t always easy. Do you feel confident in who you are and where you are in life? If so, when do you feel this the most?
- 7.** What does unconditional self-love look like for you on a daily basis?
- 8.** Did this book spark any additional ideas for change in your life?
- 9.** Emma became a lip-sync champion at a young age with her rendition of Mariah Carey’s *Dreamlover*. What song would you have chosen to lip-sync to in a competition as a child? As an adult?
- 10.** Emma’s talks about how saying “yes” can create abundance and new opportunities in your life. If there was no fear, what would you say “yes” to?
- 11.** Peloton fans: Which of Emma’s classes is your favorite? Why?

LIVE LEARN LOVE WELL PLAYLIST

TOGETHER AGAIN	...	Janet Jackson
WATERFALLS	...	TLC
FANTASY	...	Mariah Carey
SMELLS LIKE TEEN SPIRIT	...	Nirvana
HEART-SHAPED BOX	...	Nirvana
ALL FOR YOU	...	Janet Jackson
NO SCRUBS	...	TLC
LEARN TO FLY	...	Foo Fighters
COME AS YOU ARE	...	Nirvana
ESCAPADE	...	Janet Jackson
CREEP	...	TLC
EVERLONG	...	Foo Fighters
INNERBLOOM	...	Rüfüs Du Sol
EMOTIONS	...	Mariah Carey
THE LAST GOODBYE (FEAT. BETTYE LAVETTE)	...	Odesza, Bettye Lavette
UNDERWATER	...	Rüfüs Du Sol
WHEN I'M SMALL	...	Phantogram
A MOMENT APART	...	Odesza
BLACK AND YELLOW	...	Wiz Khalifa
CAUGHT UP	...	Usher
GET OFF OF MY CLOUD	...	The Rolling Stone
DECLARE INDEPENDENCE	...	Björk
WHY	...	Annie Lennox
BREATHE ME	...	Sia
LET IT BE	...	The Beatles
THUNDERSTRUCK	...	AC/DC
CALIFORNICATION	...	Red Hot Chilli Peppers
HAND IN MY POCKET	...	Alanis Moreissette
BACK IN BLACK	...	AC/DC
UNDER THE BRIDGE	...	Red Hot Chilli Peppers
YOU OUGHTA KNOW	...	Alanis Moreissette
OTHERSIDE	...	Red Hot Chilli Peppers
ISTANBUL (NOT CONSTANTINOPLE)	...	They Might Be Giants
FELIZ NAVIDAD	...	José Feliciano
WE FOUND LOVE	...	Rihanna, Calvin Harris
DREAMLOVER	...	Mariah Carey
STRAIGHT UP	...	Paula Abdul
TEXAS SUN	...	Khruangbin And Leon Bridges



CHINESE TEA EGGS RECIPE

INGREDIENTS

- 6–8 eggs
- 2 bags black tea
(Lipton tea works great!)
- 1 bay leaf
- 1 star-anise
- ½ teaspoon Sichuan
peppercorn (optional)
- 4 teaspoons soy sauce



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DIRECTIONS

1. Place the eggs (at room temperature) in a pot of cold water (enough to cover them). Bring water to a boil then reduce the heat. Leave to simmer for 5–10 mins. (You will be boiling them again, so they don't have to be fully cooked here yet.)
2. Drain the eggs. Cool them in water. Gently crack the eggshells all around using the back of a spoon.
3. Put the eggs back into a clean pot. Add all the other ingredients and water enough to cover the eggs. Bring water to a boil then turn down the heat and let it simmer for 10 mins.
4. Transfer everything (eggs and liquid) into a glass container. Leave to steep for at least 12 hours. You may keep in the fridge for up to 4 days.
5. Peel the eggs and eat cold or warm. Below are what they will look like after you peel. Enjoy!