

MESSY FACEPLANTS,
RADICAL LOVE, AND THE JOURNEY
THAT CHANGED EVERYTHING

Joy Hunter

ALEXIS JONES

AUTHOR OF I AM THAT GIRL

Book Club Kit

A Letter from Alexis Jones

Dear Reader,

We all have a story to tell, a sacred collection of life experience and unique wisdom to offer. I feel honored to share my story with you and even more honored that you're open to hearing it.

As for this book club, it has been a dream of mine to start one for years. Why? Because I'm obsessed with storytelling. I love reading books, listening to books, talking about books, and hearing other people talk about books.

I think stories have the ability to profoundly change people, to open our hearts and minds to new experiences, audacious adventures, and elicit radical empathy for people different from ourselves.

I have dedicated my professional life to telling stories: stories about my own life and about the lives of people who inspire me. And I find in books (fiction or nonfiction) I'm able to relate to various characters who help me better understand people and parts of myself.

So in launching this book club, I figured why not kick it off with my new book, #JoyHunter?!

My intention is that this book is just an excuse to connect. Because a book is but a tool, an invitation, a reason to come together . . . YOU are what makes this book club special. You taking time from your busy life to meet with others, to offer love, support, and encouragement—and for others to offer it right back.

In a world where we think technology makes us feel more connected, I dare say . . . I think we are actually *more* isolated and lonelier than ever. Life is hard, adulting is no joke, and we all need a safe place where we can share our hearts without judgement or critique, where we get to show up authentically as ourselves, where we are heard, seen, and feel that we belong.

That is the only goal here: a ticket to the connection we are all desperately seeking.

How does that sound? If it inspires you to start your own book club and you want to use *Joy Hunter* in your book club, I'd be honored.

Enclosed, I've shared a loose discussion guide just to get the ball rolling. By all means make your book club your own: over coffee, cocktails, desserts, in person, online, mid-morning, late night, weekly, monthly, wearing PJs or getting dolled up, with two people or twenty . . . make this club your own and have FUN! We could always use a little more of that in our lives, don't ya think?

Much love. xo

Always,
Lex



Themes & Discussion Questions

HEARTBREAK

Everything seemingly went terribly wrong for Alexis all at the same time: Finding out her dad is not her biological father, her career and income hitting a brick wall, and having a miscarriage.

- Has there been a time in your life when everything seemed to fall apart, all at the same time? How did you recover?
- What is the biggest challenge or heartbreak you are sitting with today?

COMMUNITY

Over the course of the book, Alexis talks about the I AM THAT GIRL community she created in college, the Wolf Pack she'd find in Montana, and how these communities contributed to her overall journey.

- How have sisterhood and/or community affected your life?
- Who are the members of your tribe, and what qualities do they have?
- Do you need to lovingly edit out some of the people in your circle? Or are you in need of more community? Discuss.

HEALING

At one point in the book Alexis is toldt, “You can’t heal in the same place you got sick.”

- Do you agree with this concept? Why or why not?
- Where have you done your best healing?
- What feels tender inside of you?
- What “heartwork” are you currently working on?
- What do you still need to acknowledge and process in order to heal?

TRUTH

The power of telling the truth is a central theme in this book, from Alexis’s paternity secret to her discovery of the bravery and vulnerability in telling her own truth.

- Have there been any big secrets (revealed or not) in your own life? How did they reveal themselves—or why do you think they haven’t?
- Has it always been easy to authentically speak your truth, or is “being authentically you” something you’ve struggled with? Discuss.

LOVE

Alexis intentionally includes her past loves when describing her love story and the Great Love she found with Brad.

- What is your love story? Who have your past and present costars been?
- Have you found the Great Love of your life or are you still on the lookout for them? Discuss.
- Describe your current love, or what you are looking for in a Great Love.

PAIN

Alexis shares her most painful experiences in her book, writing, “Our most painful teachers are often our most important lessons,” and “There is always purpose to our pain.”

- Do you agree with these statements? If so, what have been some of the most painful experiences in your life and what lessons did they offer you? If you disagree, explain why.

JOY

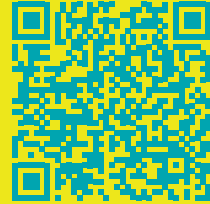
A big part of Alexis’s journey has been shifting out of living from a place of obligations and people-pleasing. By going on the RV trip, Alexis finally gives herself permission to “hunt joy” and “chase adventures.”

- Do you struggle with people pleasing? If so, why do you think that is?
- What things do you do out of obligation?
- What things bring you actual joy? What adventures do you want to chase?
- Has the childlike bonfire in you gone out? If so, how can you relight it? If not, how do you keep it raging?

ACCEPTANCE

Alexis learns that life is both uncontrollable and unknowable, and that the only real option is to let go of expectations.

- How easy or hard is this for you in your own life?
- How can you surrender to what is and trust that there is a divine plan in the unfolding of your life?
- What parts do you struggle to accept in yourself and in others? How can you better accept all the parts of you—including the bad and ugly?
- What kind of self-love practices do you have in your life? What kind do you need?



PLAYLIST

1. "Colors" by Black Pumas
2. "Hold On Tight" by Aloe Blacc
3. "my future" by Billie Eilish
4. "Riptide" by Vance Joy
5. "Getting Good" by Lauren Alaina
6. "Life's a Dance" by John Michael Montgomery
7. "Rescue" by Lauren Daigle
8. "Rainbow" by Kacey Musgraves
9. "Here Comes the Sun" by The Beatles
10. "Scars to Your Beautiful" by Alessia Cara
11. "Take Me to Church" by Hozier
12. "Bless the Broken Road" by Rascal Flatts

Visit Spotify for the full list!

