





JESSICA ELEFANTE'S

RAISING HELL, LIVING WELL

Discussion Guide

- 
- 
1. When you consider the Folktales you have told yourself over the course of your life, is there one that stands out as particularly challenging to break free from?
 2. Jessica Elefante opens up about how easy it is to stray off the path you had intended for yourself. Have you ever found yourself setting out with one goal in mind, only to find you had wandered far from your intended path?
 3. Were you surprised to learn about any of the tactics that influence manipulators often use on their targets? What is the sneakiest influential tactic that you most often find yourself falling for?
 4. Elefante says, "We are what we consume, in conscious and unconscious ways." What have you been consuming lately? How do you feel it has impacted your daily life?
 5. Can you think of a time when you have been the "bad influence"? What motivated your behavior? What made you change?
 6. Is there a "gray area" conversation you've been itching to have? What is it?
 7. In *Raising Hell, Living Well*, we not only explore the influences that are acting upon us but examine the role we hold as an influencer in our own circles. Which people or communities do you exercise influence over? What steps do you take in these interactions to ensure you're using the power of your own influence for good?
 8. How will you raise hell after reading *Raising Hell, Living Well*? What does "well" look like to you?
 9. Elefante writes about the "influential pushbacks" of our lives attempting to push us into submission. Can you name the pushbacks in your life? After finishing the book, how will you combat them?

For online convo @folkrebellion & #raisinghellivingwell

For offline love, send snail mail to
Jessica Elefante, 249 Smith Street #130, Brooklyn, NY 11231

