

Happiness Happens

Book Club Reader Guide

Brunch, cocktails, books and conversation—some of my favorite things wrapped up into one amazing event: a Happiness Happens Book Club!

Use this Reader Guide to set the framework for your 3-part book club series.

Part 1

Date:_____

To prepare for your first meeting:

Read through the Introduction and the Table of Contents.

Questions to discuss:

- What prompted you to read Happiness Happens?
- What are you most excited about with this book?
- What intention/focus/goal do you have for this experience?
- Which step or section seems most exciting to you?
- What guidelines, ground rules and expectations would help you get the most out of this experience?

Notes:



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Part 2

Date:_____

To prepare for your second meeting:

Read through Steps 1 and Step 2

Questions to discuss:

- What's been your biggest new insight?
- Which action did you most enjoy?
- Which action has helped you the most? In what way?
- What's your focus for the rest of the book?

Notes:



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Part 3

Date:_____

To prepare for your second meeting:

Read through remainder of the book. Plan to discuss your 2-week reviews from the end of each section.

Questions to discuss:

- Which actions did you decide to continue?
- What's been your biggest new insight or aha?
- What's changed?

Notes:

