

One woman's inspirational story about taking catastrophic life altering events and turning them into GEMS of enlightened self-love.

HIDDEN TREASURE

5 Steps to Transformational Self-Love

KARA ADAMS

BOOK CLUB QUESTIONS

1. "What was your initial reaction to Hidden Treasure? Did it hook you immediately, or take some time to get into?"

Before diving into the heavier discussion points or contesting the 5 steps, start your book club discussion off at the beginning of the book by finding out everyone's first impression. It will give you a jumping off point to discuss what about the selection kept you turning the pages, and what made it difficult to get through.

2. "Do you think the stories were relatable to your own life?"

You can dive into a deeper discussion about how the stories relate or don't relate to the lives of the people in your group.

3. "What was your favorite quote/passage?"

My favorite part of discussing books is finding out which parts of the book stuck out to other people, especially in terms of quotations. Asking each member in your club to read their favorite part out loud will not only give you a chance to hear the story again, but it also gives you an opportunity to learn more about the members of your book club, and perhaps interpret a story from the book in a whole new way.

4. "Did you pick out any themes throughout the book?"

I know what you're thinking, this sounds too much like an essay question from your high school literature class, but in reality, it's the perfect open-ended question than can generate some great conversation.

5. Any "If/then" Questions

Use the "If... then..." model when it comes to formulating book-specific questions, like "If Kara wouldn't have gone through the experiencing in the book, how might the book have been different?" Your options are limitless.

6. "How credible/believable did you find Hidden Treasure? Did you feel like you got the 'purpose' of the story?"

Whenever you discuss a story from a book, it's important to consider who told that story. Is it a narrator who you can trust and rely on, or do they have ulterior motives in the way they tell it? Use this question as a starting point to really explore them.

7. "How did the characters change throughout the story? How did your opinion of them change?"

The best kind of stories feature dynamic characters who change throughout the book. Ask your group about which characters from your reading selection grew and changed throughout the book, and who stayed the same. Follow up by trying to figure out what changes you liked, which you didn't, and which changes you were left waiting for, holding your breath.

8. "How did the structure of the book affect the story?"

Another question like the ones you used to dread in English class, talking about the actual structure of a book — the timeline, the viewpoints, the syntax — can be more revealing than you think.

9. "Who did you relate to the most, and what was it about them that you connected with?"

A fun question that is sure to get a diverse list of answers, this is a good way to not only dive into your reading selection more, but an opportunity to learn about the members of your club.

10. "How did you feel about Chapter 8 'What's Next For You? What did you like, what did you not like, and what do you wish had been different?'"

A simple opinion-based question, asking how people feel about the ending is a great way to start healthy debates within your book club.

11. "Did Hidden Treasure change your opinion or perspective about how you show yourself love? Do you feel different now than you did before you read it?"

As corny as it may sound, books do have the power to change lives and influence people. Have a discussion with your book club about the ways your reading selection has changed each of you. You might be surprised to hear how inspired, empowered, enraged, or even educated your friends are from a single reading experience.

Visit www.KaraAdams.com TODAY to find out more about the author and to get more tips and bonuses!