



## Sample Discussion Points

1. What was the most devastating part about having breast cancer?
2. What is the most important thing you learned from the experience?
3. What do you most want to tell women who have been diagnosed with breast cancer?
4. What do you mean when you say that breast cancer was a gift?
5. You use a lot of humor through your book. What was one of the funniest stories?
6. You say so much of how you think starts with a decision. Can you elaborate?
7. You talk a lot about synchronicity and signs and symbols. Tell us more about that.
8. There's a lot of fear surrounding breast cancer. What would you like to say to women out there who live in fear?
9. How did you break the news to your family?
10. What do you mean by the quote, "Optimism is one hard-working household spray?" Why does optimism matter?
11. So how do you become more optimistic? Aren't people born glass half empty people or glass half full people.
12. Isn't being optimistic just being Pollyanna?



13. You talk about the need to figure out where to put your mind when something traumatic like breast cancer comes upon you. Where do you put your mind?
14. You talk about being careful what you tell yourself. What do you mean by that?
15. You talk about giving yourself permissions when you were diagnosed with breast cancer. What type of permissions?
16. Many of the reviewers share the sentiment that this book is not just for people who have or have had breast cancer. Why do you think that is?
17. How is your life different now? What do you do differently?