



## A Reader's Guide:

### *Questions for Contemplation or Discussion*

**1)** The author opens Chapter One of *Rocks don't cry* by illustrating her thoughts and reactions as she waited to enter her very first therapy session.

*One day in November 2014. My palms are sweating, my right leg bouncing like an addict's going through withdrawal. ... What is this going to be like? In the movies, you lay down on a couch and ramble on about how you feel inconsequential at work or in your relationship while the therapist stifles a yawn behind you and doodles in a notepad trying to stay awake. What is she going to ask me? What am I going to say? Am I going to know the right answers? What do I have to talk about? How are my experiences really any different than anyone else's? Is this going to be helpful?*

What do you think compelled the author to unabashedly share her struggle and experience inside therapy? Why do you think it was important for her to explicitly detail her thoughts and reactions about the idea of entering therapy?

**2)** What were your initial thoughts and feelings as you first began to read *Rocks don't cry*? How engaging was the story at the beginning? How engaging was the story through to the end? What did you feel while reading the story?

**3)** How would you describe the author's "voice" as she narrates her story? How do you feel her "voice" impacted the way you perceived her experiences and the reflections she offered on each concluding each chapter?

**4)** Each chapter in *Rocks don't cry* follows a pattern. The first half is the author's story while the second half reflects on the theme or topic the author feels is illuminated by the story and offers questions designed to empower the reader to consider how they can affect change in their own life around the theme or topic. What are your thoughts about the book's structure? What do you think is important about the pattern the chapters follow? How do you feel about the author's use of language and her writing style? How impactful do you think these elements are in achieving what you feel is the overall goal of the book?



5) Why do you think the author might have chosen to tell her story the way she did? How does it impact the way you read or comprehended the book?

6) What did the title, *Rocks don't cry*, elicit for you before you read the book? What do you think the title means now, having read the book? Would you have titled the book differently? If so, what title would you give the book and why? If not, how important do you feel the title is in representing what the book is about?

7) What themes or topics are explored in *Rocks don't cry*? Which one(s) resonated the most for you and why? What do you think is the importance of metaphors to the author? How do you feel the use of metaphors throughout the book impacts your understanding of the main ideas?

8) Chapter Two of *Rocks don't cry* begins to explore the concept of energy.

You never truly know the impact you make every day, on your co-workers, your friends, your family, the cashier at the grocery store, the gentleman you nodded and smiled at during your morning jog. Everything we do, every action we take, every word we speak, every thought we have, at its basic level is energy. It is energy that we constantly put out into our world. And it is this energy that touches and affects the lives of everyone around us.

After reading the book, what is your perspective on the role energy plays in our lives? What new or different perspective(s) about energy and its role did the book present to you? How has your perspective on energy since reading the book changed the way you interact with yourself, others, and the world?

9) How do you feel about the author's use of poems in Chapters One and Two? What personal meaning did you get from "A Rock Can't Weep"? What personal meaning did you get from "Group Therapy"? Why do you think it was important for the author to include these two poems in the book? What do you think it meant for the author to write them?



**10)** The author explicitly details her experiences with hypnotherapy in Chapters Three and Four, explaining how hypnotherapy is a direct phone line to your subconscious.

You know the answers to all your problems. You know everything you need to know about you. It is all stored in your subconscious. It is your exclusive owner's manual, detailing everything specific to you. That makes you the sole expert on you. The trick is being able to recognize the difference between the messages from your subconscious and those from your scaredy-cat ego.

My subconscious speaks to me through dreams.

How does your subconscious speak to you? What methods does it use: visualizations, dreams, words, impressions, feelings? How do you know the difference between your subconscious and your gremlin?

**11)** A theme of wall paint colors runs throughout the book. Why do you think the author felt it was important to begin her story with it and continue to carry it throughout? What color(s) is the walls painted in your favorite room? What does the color(s) mean for you?

**12)** Chapter Eight of *Rocks don't cry* offers up a lifehack hint that "life usually lands somewhere in the middle" between the best-case scenario and the worst-case scenario. Considering your life experiences and what you "expected" to happen versus what really happened, how true do you think this statement is? Discuss why you agree or disagree with it.

**13)** We are given a sneak peek into several different social interactions and relationships in Chapter Nine of *Rocks don't cry*. Knowing the author is very purposeful in what and how she presents, why do you think she included these snap shots as part of her story? What can be learned about relationships and their influence from between the sentences of this chapter? What do you think the author is saying when she writes "life is simply about living on purpose, living purposefully, and always learning. Life is therapy, and we're all in it"?

**14)** In the Acknowledgements, the author presents an adage that "knowledge is the only thing in life that expands as it is passed along." What does that mean to you?



**15)** If you could ask the author a question about the book, what would you ask? What do you think her answer might be? If you could ask the author a question about her life experiences or to expound on what she shared in the book, what would you ask? Would knowing that information potentially change your perception of the book or of the author?

**16)** The story ends in early fall of 2017. Are you curious about what happened to the author since the conclusion of the book? What would you like to have happened to the author since then and why?

**17)** How has this story affected you, changed you, or broadened your perspective? What was something new that you learned about life or yourself?

**18)** Overall, how would you describe your experience in reading *Rocks don't cry*? What additional thoughts might you have about the book that hasn't already been discussed? Was the book worth reading and why or why not? Would you recommend it to a friend? If so, what would you hope your friend would gain from reading it? If not, for what reason(s)?