

DISCUSSION GUIDE



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Stephanie O'Dea is a New York Times best selling author, host of the Slow Living Podcast, and a mom of three. She writes, coaches, teaches, and speaks about all things Slow Living. In 2008, Stephanie made a New Year's resolution to use her crockpot slow cooker every day for a year and write about it online. This simple idea resulted in 10 books, a spot on the New York Times best-sellers list, and a job that she loves—and one she can do at home, in her pajamas. Stephanie has appeared on Good Morning America, The Rachael Ray Show, featured in Real Simple Magazine, Woman's World, and Oprah.com.



In today's world of social media and overconsumption, we are constantly being told that what we have isn't good enough and that we should continue to hustle for something bigger, better, or more expensive. But what if the key to living a more satisfied life was to simply slow down and listen to your intuition? Slow Living is a how-to guide on creating the life you've always dreamt about—one filled with purpose, abundance, and a sense of inner peace. Combining stories from her own life and childhood, along with real client testimonials and transformations from her work as a life coach, O'Dea gives readers actionable steps to envision their future and create long-term, sustainable success in their everyday lives.

**“STEPHANIE SHARES HOW
YOU CAN STILL “HAVE IT ALL”
WITHOUT NEGLECTING
YOURSELF, YOUR SANITY, OR
YOUR FAMILY.”**

**—WES BERGMANN,
CEO/FOUNDER BETABLOX AND
STAR OF 20 SEASONS OF MTV'S
THE CHALLENGE**

DISCUSSION QUESTIONS

- Q1.** What made you pick up this book? What part(s) of your life that you wish to slow down?
- Q2.** In the introduction, O'Dea shares a list of things people tell her they want to do when they finally feel as if life has calmed down. Make your own list of things "you want to do." What are some activities that you have long wished to try that a fast hustling life has delayed?
- Q3.** O' Dea describes the shift from the pursuit of happiness in American culture to the pursuit of being the best, and the constant need for competition in the modern world. What is something in your life that you have strived to be The Best at, even at the expense of your happiness? How can you shift your attitude towards happiness instead?
- Q4.** In the section "Rejecting Hustle Culture," O'Dea lists the ways social media has worked to create dissatisfaction in other's lives so they can be sold solutions. How has social media, TV, or consumerism made you feel dissatisfied with your life? How can you unplug and look at yourself beyond the screen?
- Q5.** O'Dea defines Slow Living as "being consciously aware of what you are doing, what your surroundings are, and where you are headed in life." She stresses conscious and mindful living. What are activities in your life that have fallen to autopilot or have been rushed through without much consideration that you could be more mindful towards?
- Q6.** O'Dea writes about ANTS, or Automatic Negative Thoughts. Once one negative thought roots its way into your mind, others start flooding in until it becomes uncontrollable. What are some ANTs that you often deal with on a daily basis? What are some ways you can move past these thoughts, or turn them into automatic positive thoughts?
- Q7.** O'Dea describes many people in western culture as "trained seals", taught to improve ourselves for the pleasure of others rather than ourselves. Consider an action you did to please others vs something you did for yourself. Do you notice a difference in the satisfaction or sense of purpose you received from these activities?
- Q8.** In Chapter 5, O'Dea offers the famous Buddhist quote "There are two best days to plant a tree. The first is twenty years ago, and the second is today," as we start to take the first steps towards change. What is something in your life you wanted to do for a long time, yet never got the opportunity to? How can you begin to work towards that thing today?



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