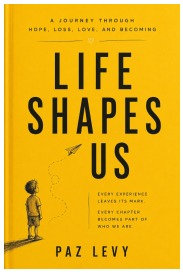
FOR READERS & LISTENERS

Life Shapes Us

Book Club Discussion Guide
A Journey Through Hope, Loss, Love, and Becoming
by Paz Levy



Choose the questions that speak to your group. There is no single correct answer. Anyone may pass on a question or keep a personal experience private.

01 Which experience in the book most clearly changed the way you see yourself?

02 Where do hope and loss appear together rather than as opposites?

03 What forms of love in the book are quiet, practical, or difficult to notice?

04 Which question would you want to ask the author or another reader?

05 Did any passage make you reconsider a decision, relationship, or second chance in your own life?

06 How does the book describe the gap between the person we expected to become and the person we are becoming?

07 Which image, idea, or emotional moment stayed with you after reading?

08 What does "becoming" mean by the end of the book?

09 Who might benefit from reading this book, and what would you want them to know before they begin?

10 What honest sentence would you write about your experience of the book?

Also available as an unabridged English audiobook narrated by Russ Whismore (5 hours 22 minutes).

Find the book, audiobook, and reader resources: lifeshapes.us/reading-kit