



THE JOY DOCUMENT

CREATING A MIDLIFE OF SURPRISE AND DELIGHT

JENNIFER MCGAHA

BOOK CLUB DISCUSSION QUESTIONS

1. Discuss the style in which this book is written. What do you notice about the structure of the essays? In what ways does the form mirror the message about finding joy and vice versa?
2. Discuss the genre. Is it a memoir, a self-help/self-care guide, a book about spirituality, a collection of personal essays, etc.?
3. What themes do you see emerging as you read these essays? What connects them?
4. How do the experiences the author recounts mirror or differ from your experiences with growing older or your hopes for how you might grow older?
5. What sorts of experiences remind the author of her childhood? What songs/foods/experiences take you back to your own childhood?
6. What does the author say about the value of telling and listening to other people's stories? Do you agree or disagree with her perspective?
7. Has a passing encounter with a stranger ever made you consider something in a new light? If so, how so?
8. What stories have you or family members told you about yourself throughout your life? Do these stories feel true to you now, and, if not, how might you begin revising them?
9. Discuss the relationship between the sacred and everyday (even the mundane) in this work.
10. Name something in this book that surprised you, maybe even something that rose to the level of surpiselement.