

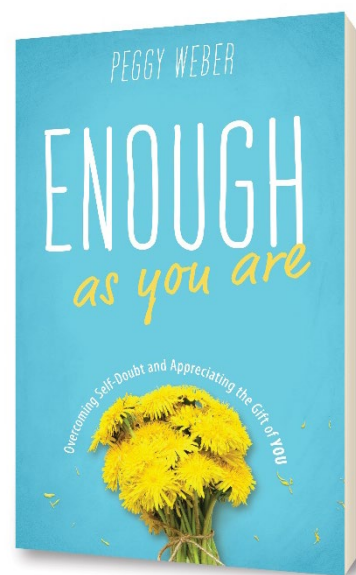
Reader Guide for Book Clubs

Before you begin, make sure to set the tone with everyone in the group. Remember, some of the conversations started by this book can get personal. Make sure everyone works together to make the discussion feel inviting, comfortable, and confidential.

If you want to make your discussion feel more spiritual, you can begin and/or close your time together with one of the prompts for reflection from the book.

Worried the conversation won't start right away? Invite everyone to come prepared with their favorite “Saintly Inspiration” from the book, and kick off the conversation with everyone sharing which one they chose and why.

In addition to these tips, here are some other discussion questions for book clubs.



Enough as You Are Book Club Discussion Questions

1. In the first chapter, Peggy Weber describes realizing that there is a time when people lose their confidence because we start caring what others think. When did you, as Weber puts it, “stop dancing”?
2. We are our own worst critics. What is a negative critique you give yourself that you would never tell a loved one? How would you view this characteristic if you looked at yourself through the eyes of a loved one or God?
3. In the chapter, “Friends Enough,” Weber shares a time when her understanding of friendship drastically changed. Have you ever found yourself in a similar situation? How did you respond?
4. In the chapter, “Loved Enough,” Weber quotes Pope Francis’s explanation of what love is—work. Do you find that you’re putting in the work for self-love? What are some of the obstacles to you being able to put in this work? Name one change, small or big, you could realistically make tomorrow to help make more time for working on self-love.
5. In “Stuff Enough,” Weber ponders what she’d pack if she had to leave her home on short notice. What would you pack if you had to leave your home in a hurry? Why?
6. What is your immediate reaction when you read the story of St. Elizabeth Ann Seton’s resilience in the chapter, “Had Enough”? Do you turn to God when you’ve “had enough”? Why or why not?
7. If you’re not using terms like “parent” or what your occupation/job is, how would you finish this sentence: *I am ...*
8. Which chapter of *Enough as You Are* was most meaningful to you? Why?
9. After reading *Enough as You Are*, how do you feel your self-image has shifted, if at all?