



School of Wellness

Revolutionizing Self-Care

Choosing Wellness: Unconventional Wisdom for the Overwhelmed, the Discouraged, the Addicted, the Fearful, or the Stuck

Eileen O'Grady

Available at all booksellers

Discussion Questions

1. Eileen writes about taking on and then releasing the burdens she carried for family members. Is this a familiar dynamic (doing too much for others) in your life? How does it infringe on your well-being?
2. Have you been in a situation, such as Eileen trying to help her troubled sister, when her 'help' became a hindrance (WHEN HELP ISN'T HELP)? Have you experienced this dynamic as either the misguided helper or helpee?
3. In Chapter 20, Parenting teenagers, O'Grady relies on the "**3 strikes rule**" to promote everyone's wellbeing. If this principle was applied to *you* as a teenager, how would it have felt to have permission for mistake-making?
4. Eileen promotes the notion of non-negotiable bedrock behaviors and "self-authorship". How does this apply to your life?
5. O'Grady highlights the limitations of the traditional medical model which focuses on illness. What has been your experience and if you could fix any part of the health care system, what do you recommend?
6. The author describes how we can become "Stuck in Old Patterns". What is a self-limiting pattern you may be in now or have overcome in the past?
7. O'Grady writes, "You and I are the operators of our own systems. We must "heal ourselves" --- what is currently calling to you for healing or repair and what small steps can you take to heal?"
8. O'Grady tells us about how meditation "cured her soul sickness" and was also a "game changer in her pursuit of high-level wellness". What are your beliefs and experience on this idea?
9. What is the most important key take away message you took from "**Choosing Wellness**"?