

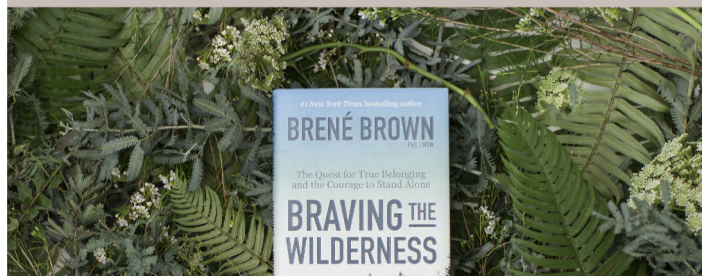


*“Strong back. Soft front.
Wild heart.”*

BRENÉ BROWN

DISCUSSION QUESTIONS

- 1 What was your most important takeaway from the Braving the Wilderness?
- 2 Did the book change the way you think about the concept of belonging? In what way?
- 3 Early on in the book, Brown talks about writing herself a “permission slip” to have fun. If you were to write a permission slip for yourself this week, what would it say?
- 4 “The key to joy is practicing gratitude.” Discuss.
- 5 Does social media make you feel more or less connected to other moms? How does meeting up with moms in person serve you differently?
- 6 The way we parent our children—from how we feed them to where they sleep to who is with them during the day—can spark a lot of debate. What lesson(s) from the book could you apply next time you’re faced with a friend, family member or stranger who believes in a different approach than you do?



“True belonging doesn’t require you to change who you are; it requires you to be who you are.”

BRENÉ BROWN

FOR FURTHER DISCUSSION

“There is the in-breath and there is the out-breath, and it’s easy to believe that we must exhale all the time, without ever inhaling. But the inhale is absolutely essential if you want to continue to exhale.”

What are some ways you can work more inhaling into your life?

“Every story has a song, and every song has a story.”

We all have a song that, the second it comes on the radio, transports instantly us to another time and place. What song does that for you? Does it make you happy? Weepy? What moment does it take you back to?