



*"Perhaps we need to consider how to turn
the idea of the pursuit of happiness into
the happiness of the pursuit."*

MEIK WIKING

DISCUSSION QUESTIONS

- ① What was your biggest takeaway from The Book of Lykke?
- ② Did you feel like Wiking's findings for increasing your happiness were convincing? Why or why not?
- ③ How do you think social media affects your happiness?
- ④ How has this book impacted your approach to/views on mothering and building your "village?"
- ⑤ What "happiness tip" did this book inspire you to do or plan to do? (i.e. take a digital detox, start a community listing, plan your vacations far in advance, neighborhood movie night, create a "smile file," etc.)



*"If you want happiness for an hour — take a nap.
If you want happiness for a day — go fishing.
If you want happiness for a year — inherit a fortune.
If you want happiness for a lifetime —
help someone else."*

CHINESE PROVERB

FOR FURTHER DISCUSSION

"To fight the stigma that surrounds mental illness, we need to listen more and learn more. We need to end the misunderstanding and the prejudice. We need to end whispering about mental illnesses behind closed doors. We need to say the scary words out loud, so they lose their power, and so no one has to struggle on in silence."

Do you feel like we've made progress in this area as a society in regards to the conversation around postpartum depression and other mental illnesses, especially those affecting mothers?

"What will bring us forward is a spirit of trust and cooperation and the realization that we are one another's keepers. What will bring us forward is being freed of fear and showing kindness to strangers."

As mothers, it's easy to feel like there's no more to give beyond what we are already giving to our families, yet, we know that extending beyond our family is what builds communities for our families and increases our happiness as individuals. Do you have any ideas for how to do this in "small" ways while our children are small?