



Solly Baby Bookclub

THE UNTETHERED SOUL
BY MICHAEL A. SINGER

"Imagine if you were so fully present during each experience of life that it was touching you to the depth of your being."

MICHAEL A. SINGER

DISCUSSION QUESTIONS

- 1 What quote or concept from the book has stuck with you?
- 2 Did you find the author's descriptions of the way your mind acts and the things it says to be accurate? Was there anything that felt especially spot-on (or off-base)?
- 3 The author argues that energy is infinite and does not always come from food or rest (a reassuring notion for a sleep-deprived mama). Describe a time when your energy level suddenly changed. What affected it?
- 4 How could truly living in the present impact your life as a mom?
- 5 "Do you want to be happy, or do you not want to be happy? It's really that simple." Do you think that's true? Discuss.
- 6 The narrator encourages readers to "set up trigger points in everyday life that help you remember who you are and what's going on inside." What are some trigger points you have (or could) put in place to keep your mind in check?



"Unending inspiration, unending love, and unending openness. That is the natural state of a healthy heart."

MICHAEL A. SINGER

FOR FURTHER DISCUSSION

"Don't waste a moment of life trying to make other things happen; appreciate the moments you are given."

Do you ever find yourself comparing your motherhood experience to another mama's? How does social media impact your self-satisfaction? Name three aspects of your own journey that are worth appreciating.

"Learn to stop resisting reality, and what used to look like stressful problems will begin to look like the stepping-stones of your spiritual journey."

In what ways do you "resist reality"? Has reading the book encouraged you to approach those situations differently? If so, what was the result?