

Dr Jenn's Den

Women's Book Clubs – 10 Questions to Guide Your Group Discussion

Book: *From Madness to Mindfulness: Reinventing Sex for Women*

Author: Jennifer Gunsauillus, PhD

1. What most resonated with you from this book and why?
2. What memories did you have from childhood when reading this book? Do you think they still impact you today?
3. Was there a specific passage or section that left an impression? Share the passage and its impact with the group.
4. Was there any part of this book that was particularly difficult for you to read or think about? Why do you think that was the case?
5. Does the group overall feel more aware about what and how females learn about and experience sexual topics?
6. How much did your specific cultural upbringing – family values, cultural beliefs, racial/ethnic context, religious teachings, neighborhood and school education, etc. – impact your sexual and emotional growth? Did one have the greatest impact?
7. Was there a specific activity described in the book that you'd like to try? Share that with the group, and what you would hope to gain from trying that exercise.
8. After reading the "Our Responsibility" chapter, does the group have ideas about how to make positive changes for your daughters, nieces, friends, coworkers, or younger women in general?
9. Did you have any responses from the worksheets at the end of the chapters that you'd like to share and discuss with the group?
10. Share one example of what "reinventing sex" or "reinventing intimacy" might look like for you individually.