



## DISCUSSION QUESTIONS

1. What are your feelings about earth energies such as minerals and vortexes as described in this book?
2. Do you have a geographic location that invigorates you?
3. How do you feel about LuLu's decision to move to Sedona, even though it meant leaving her daughter in Seattle?
4. Have you ever had to make a decision that was best for you but required great sacrifice? How have you found peace with that in your own life?
5. Have you, or someone close to you, experienced a brain trauma or a severe concussion? How were you affected by this injury?
6. Do you, or someone close to you, struggle with anxiety? Did any of LuLu's "tricks" resonate with you? Do you have other methods of working through your own anxiety?
7. Do you have experience with affirmations? If so, do you have a favorite affirmation?
8. If you've read other books by Josi S. Kilpack, how does LuLu's story compare?