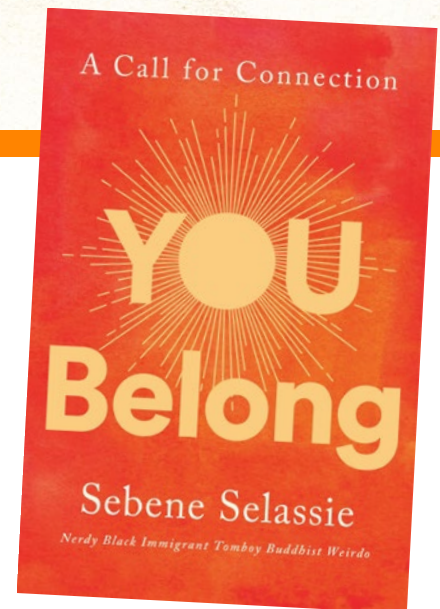


# Transforming Health's *A Summer Read*



## **You Belong** Discussion Guide

1. Sebene (pronounced Se'be ney) tells us that she was raised to use alternative treatments for healing. As an immigrant, her mother did not trust Western (white) medicine. What do you think helped Sebene to embrace both methods?
2. Sebene notes that even though we set boundaries and limit our associations with others, we are really connected to everyone. How well do you embrace that concept?
3. Throughout the book, Sebene talks about the practice of Mindfulness as the key to living in the present. Have you tried to be mindful of people, places, and things around you? Has it been beneficial for you?
4. What did Meditation mean to you before reading this book? Has your definition changed?
5. The author states that much of our stress and suffering comes from fighting our experience; pushing away what we don't like and grasping at things that will make it better. Learning to trust life moment-to-moment is a powerful practice. Do you think that is an attainable goal?
6. Sebene talks about our unconscious plan to separate from the whole and identify with unique groups. Even though we may not recognize this effort, we may be engaging in implicit bias or racism. Discuss examples that either support or negate the author's comments.
7. Sebene suggests doing something specific when going through a hard time. What is something useful you have done for someone coping with challenges?
8. The author offers journal prompts from the appendix at the end of the book. Have you kept a journal or diary to get through difficult times? Did you do this during COVID-19?
9. How have your thoughts or opinions regarding belonging to each other changed from before we experienced the COVID-19 pandemic to now?
10. We encourage you to close your discussion by committing to taking action that will help you to reconnect with yourself, other people, and the world.



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For more information on A Summer Read, visit [transforminghealth.org](https://transforminghealth.org) or your local library.