



Book Club



Monique A.
Honaman

Family Connections and Communications (Chapters 2 & 3)

- What are some of the “family rules” (formal or informal) that you have instilled in your life? How did they get developed? How are they put into practice?
- Are you and your significant other still connected in the same way you were when you were started dating and/or got married? What’s changed? Is that good or bad?

The Midlife Crisis (Chapters 2 & 9)

- While we tend to joke about it, studies show that there is such a thing as the ‘male midlife crisis.’ What are some of the signs of a midlife crisis?
- There is also a documented ‘female midlife crisis.’ What might be some of the signs of a female crisis? What do you think causes these to happen? What can be done about it?

Call It What You Will ... Adultery, Cheating, Affairs, & Unfaithfulness (Chapters 8 & 9)

- I’ve heard it said that human beings weren’t “meant” to be monogamous. Do you agree or disagree with this statement? Why? Do you think ‘adultery’ is becoming more accepted as an expected behavior?
- Relationships and marriage require hard work. Do you believe in the concepts of ‘love at first sight’ and ‘everlasting love?’ Do you think as society we tend to over-glamorize these concepts?

Role-modeling the Right Behavior for your Children (Chapter 6)

- Telling my kids that we were getting divorced was hands-down the absolute worst day of my life. Can you recall a time as a child when you were told bad news. How was it shared that made it easier or more difficult to understand and accept?
- We often live by the standard of “Do as I say, and not as I do.” Is this a fair standard to expect our kids to follow?

The Power of Forgiveness (Chapter 12)

- How would you define forgiveness?
- Share a time when you have chosen to forgive someone? What impact did it have on you? What impact did it have on him or her?

Book Club &

Financial Accountability (Chapter 7)

- I've discovered that many people are clueless when it comes to taking ownership and understanding their financial situation. Are you aware of things like your normal monthly income and expenditures, investments, insurance coverage, etc? Why? Why not?
- Many couples find it helpful to have a regular update to ensure they are on the same page with respect to their financial situation. Do you think this is a good idea? Why? Why not?

Social Networking ... good or bad? (Chapter 8)

- Many relationships are failing these days because of rekindled romances on Facebook, LinkedIn, etc. What do you think about the use of these social networking tools?
- Do you have any idea how much information about you can be found on the internet? Do you do a regular search to check what it showing up online about you?

Telling Your Support Network (Chapters 5 & 10)

- We often think of the impact to us alone when a relationship fails, but what is the impact to your circle of friends and extended family?
- Leaning on my support network was critical to me. Do you have solid relationships built with a support team that can help you through any crisis you may face in life? How do you maintain this network?

Accomplishments and Goals (Chapters 16-17)

- What are some things that you aren't very good at, but really need or like to have done for you (for me it was grilling out and driving the boat!)? How can you become more confident in doing these things yourself?
- What are 3 personal goals for things that you want to accomplish in the next 12 months? What's stopping you?

"The List" and other Fun Stuff (Chapters 20-24)

- What does it mean to "take the high road?" Is this a realistic goal? How does this manifest itself in your life?
- I love quotes. What are some of your favorite quotes that help you to get through life?
- Many women have shared that they too have created "the list" and it has helped them to identify what they are really looking for in a relationship. Have you made 'the list'? What did you put on it? Does it help? Did it work?
- I found great comfort that I would survive, and thrive, through my faith and through prayer. What role, if any, do you believe faith and prayer play in overcoming life's challenges and obstacles? What is the purpose of prayer?
- It's useless to endure and survive some of life's greatest challenges without learning more about who you are in the process? What have you 'survived' and what did you learn about yourself?