



**Choosing Wellness:  
Unconventional Wisdom for the Overwhelmed, the  
Discouraged, the Addicted, the Fearful, or the Stuck**

Eileen O'Grady

Available at all booksellers

**Discussion Questions**

1. The author discusses releasing burdens she carried for family members. Have you experienced similar dynamics of doing too much for others? How has this impacted your wellbeing?
2. Reflect on a time when your attempts to help someone became counterproductive, as Eileen experienced with her sister. Have you been on either side of this "misguided help" scenario?
3. Chapter 20 introduces the "3 strikes rule" for parenting teenagers. How might this approach have affected you as a teenager, particularly the allowance for mistake-making?
4. Eileen promotes the notion of non-negotiable bedrock behaviors and "self-authorship". How does this apply to your life?
5. The author highlights the limitations of the traditional medical model which focuses on illness. What has been your experience and if you could fix any part of the health care system, what do you recommend?
6. The author describes how we can become "Stuck in Old Patterns". What is a self-limiting pattern you may be in now or have overcome in the past?
7. O'Grady tells us about how meditation "cured her soul sickness" and was also a "game changer in her pursuit of high-level wellness". What are your beliefs and experience on this idea?
8. O'Grady writes, "You and I are the operators of our own systems. We must "heal ourselves" -- - what is currently calling to you for healing or repair and what small steps can you take to heal?
9. What do you consider the most significant takeaway from "Choosing Wellness"?