Book Club

Discussion Guide

Make an evening of it



Settle in, grab a drink and a snack, and leave room for the conversation to wander.

Pour For a ginger beer mule, fill a glass with ice. Add ½ oz fresh lime juice, 4 oz nonalcoholic ginger beer, and 2 oz sparkling water. Stir gently and garnish with lime and mint.

Pass around Store-bought guac, tortilla chips, and mini sweet peppers. Done.

Set the mood A woodsy amber candle and Cozy Coffeehouse Covers playlist as everyone arrives. Turn the music down once you start talking.

Break the ice What's your current "apparently I'm a person who does this now" thing? Birdwatching, sourdough, wildly specific podcasts, all welcome.

Let's talk... Tailwind



Ten questions for a good conversation

Choose the questions that speak to your group. There's no pressure to answer them all.

01 The part you underlined
Which moment in Tailwind made you think, "Oh, that's me"? What did it put into words?

02 A good life and a good question
When does "Is this it?" show up for you, even in a life you're grateful for? What might that feeling be asking you to notice?

03 Something of your own
In the spirit of Tailwind, what are the things you notice come easy to you, but are potentially hard for someone else? Is there something you've been wanting to create?

04 Good at it or alive in it
Building a Life separates competence from direction. Which things do you do well because you've been trained to do them, and which things do you do well because they actually come natural to you?

05 Let it be slightly worse
What could you lower the bar on to make room for something you want? What responsibility would need to be shared, rather than simply squeezed into your day?

06 An audience of one
Thinking about A Good Nap and Gold Rush, how does seeing other people's lives shape what you want? What would you still choose if no one else ever saw it?

07 Trusting what you already know
What do people come to you for? Do you tend to trust those abilities or brush them off?

08 The part you're still thinking about
Was there an idea you couldn't get out of your mind?

09 The people who make room
In Good Fires, Erin wants friends who show up when nothing is wrong, too. What would it look like to make more room for friendship in ordinary life? What's one takeaway from being a better friend?

10 Your own tailwind
What feels like a tailwind in your life right now, something that gives you energy or moves you without even trying? What's one bite-sized step you could take to make more room for it? Is there any help you could use from someone in this group?

A few things worth noticing

Take a few minutes before you go. Write a little, think for a moment, or save this for another day. Share only if you'd like.

I want to remember

A passage, a conversation, or something I already knew but had forgotten.

Something that gives me life

An ordinary activity, person, place, or curiosity I want to make room for.

I can loosen

An expectation, an unnecessary yes, or a standard I am willing to reconsider.

I noticed

A note(icing) of your own, something you're paying attention to, or that made you pause.

One small step I want to take

A manageable experiment—and any time, help, or conversation it would require.

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