



Book Club Guide

Reclaiming the Sacred: Healing Our Relationships with Ourselves and the World

“This book touched my soul like I never thought a book could! Many times I cried. Tears of joy and tears of sadness. It made me feel something deep that I can't explain. I am so grateful you shared your words with me and the rest of the world. Truly life changing! Thank you!”

There is beauty and power in the way the different parts of this book come together to create a whole, and for some people, the calling of this book is to read it from cover to cover..

There is also beauty and power in the individual parts of the book, and each of them—indeed, every chapter in the book—can be read on its own. And some parts are very different from others. So for other people, their calling will be to only read specific parts of this book that they feel drawn to.

In that spirit, I offer this book as a sort of choose your own adventure, where you decide what your own personal journey will be through the book.

The following is my suggestion to for how to approach the book. There are four sections I think will be good for everyone to read (“Reading for All”), to create common ground, but there are also a lot of sections where I think it would be great for each of you to decide which ones you read or not (“Your Choice!”).

Whatever path you choose, I think you will each find something meaningful and inspiring for you personally, and it will fuel a wonderful conversation afterward. (Please be in touch, and perhaps I can join you by video!)



Reading for All! Introduction, and Part I: Money and Happiness

Your Choice! Any of Part II: Chapters on Circumstances; Relationships; Health; Work; TV & the Internet

Reading for All! Chapters 9, 10, 11, and 12: Our Inner Worlds; Emotions; Presence & Wonder; and Our Relationships with Ourselves

Your Choice! Chapters 13 and 14: Barriers to Happiness; and Purpose.

Reading for All! Happiness Coda (p.97)

Your Choice! Part IV: Six chapters, each exploring an aspect of how money hooks people: Overview, Dopamine, Status, Compensating for Lack, Fear, Culture

Your Choice! Part V: Four chapters looking at the consequences of runaway consumption

Your Choice! Part VI, Coming Home: Abundance, Belonging, & Love, with chapters on Another World Is Possible; From Owning to Belonging; Gratitude; Take Only What You Need; Being Abundance

Your Choice! Pages 229-268: Spirituality (the first half of chapter 32: A Love Song to You and the World)

Reading for All! Pages 269 to the end of the book: Reflections on the wondrousness of you! (the second half of chapter 32: A Love Song to You and the World)