

This One Wild and Precious Life

By Sarah Wilson

BOOK CLUB GUIDE

Some discussion tips from Sarah:

- Try answering these questions from your heart, rather than from your head.
 - Try going a layer deeper in your discussion, then another layer deeper after that.
 - Ask courageous, beautiful questions of your group to get courageous, beautiful answers.
1. At the start of the book, Sarah describes a collective “itch,” an all-encompassing feeling that we are not living as we were meant to be living, that we’ve strayed from what matters, and that we are all complicit in this. Does this description of life today resonate with you personally? Is it accurate to say we’re all feeling this level of despair and that it transcends geographical, social, and political boundaries?
 2. Sarah cites a number of factors that contribute to this itch, including climate change, the opioid crisis, political polarization, and social injustice. Which of these factors affects you most deeply?
 3. Discuss how the idea of acedia, a state of spiritual apathy or moral loneliness, plays out for you. Do you ache to connect with life more meaningfully? Do you agree that the lack of “moral guardrails” in our lives today is making us feel disconnected and lonely?
 4. Sarah discusses capitalism as a root cause of many of the societal problems that we are currently facing. How do you feel about her argument that capitalism is failing us?
 5. Sarah cites a number of practices that have helped her to reconnect with life, including deep reading, asking of another “how is your heart in this moment?”, and practicing *philotimo*. Which of these practices jumped out at you? Why? How might you incorporate them in your own life?

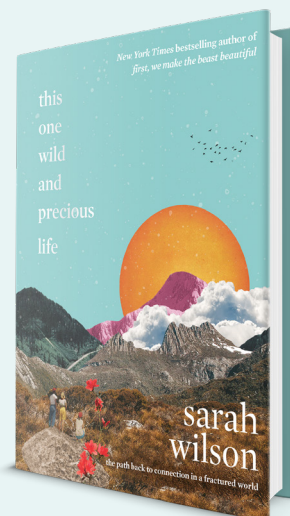
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6. As an antidote to disconnection and acedia, Sarah invites readers to “start where you are” and to “just do everything you can” to wake up and reconnect. What is your “start where you are” point? What are the concrete steps that you can take to reconnect with what matters?
7. Sarah writes honestly about her personal journey, including her struggles with dating, miscarriage, and abortion. What did you feel this added to the narrative?
8. In the climate debate, the “elephant in the room” is that humans are the sixth extinction. In the book, Sarah reveals that nearly every climate scientist she spoke with believes they will die of climate change-related causes. Did you find it helpful to have this laid out so candidly? Some have described this kind of forthrightness as a relief, whereas for others it may cause discomfort. What about you?
9. In the “Get Wild” chapter, Sarah discusses “Kali rage” and she returns to the idea of outrage, courage (rage of the heart) and “firing up” several times throughout the book, positing that rage can have a positive role. How did this make you feel?
10. Sarah advocates minimalism and buying less, as opposed to decluttering. Are her recommendations realistic for you? How would you implement them?
11. Sarah includes a popular quote from the founding father of neoliberalism, Milton Friedman: “Only a crisis produces real change. When that crisis occurs, the action that are taken depend on the ideas that are lying around.” Which of the ideas in this book get you excited and hopeful?
12. Sarah discusses her shame surrounding taking flights and their climate impact. Were you, as a reader, expecting her to flag her own faults when it comes to contributing towards climate change? Are there any behaviors that cause you to feel “climate shame?”
13. After reading this book do you feel fired up and ready to do everything you can to save *This One Wild and Precious Life*?



For updates about *This One Wild and Precious Life*, visit www.SarahWilson.com