

#THISISONLYATEST

Book Club Questions

General Questions:

- How did this book change your viewpoint on self-care? On breast cancer? On the experience of black women in modern-day America?
- What parts of the book stood out to you, and why? Were there any quotes or passages that stuck with you after you finished the book?
- Is there any topics that you wish Chris-Tia would have talked about more or parts of the story where you wish she would have delved into deeper?
- In what way were you able to connect with Chris-Tia and her story?
- How honest do you think Chris-Tia was being in her writing? What passages made you come to that conclusion?
- What themes stood out to you throughout the book? What message do you think Chris-Tia was trying to get across to her readers?
- Why do you think Chris-Tia wanted to share this story with her readers?

Chapter 1: The Bali Within

- Briefly take us through your journey of self-discovery. What was your ah-ha moment? When did you realize that something needed to change?
- What does your "Bali Within" look like? When you think of your higher self, what does he/she look like?
- Have you ever had to decide between your personal and business life? What was that decision-making process like?

Chapter 2: The D

- How did your *parents* help shape you into the person you are today? What lessons, if any, have stuck with you from childhood?
- How did your *neighborhood* help shape you into the person you are today? What experiences, if any, have stuck with you from childhood?
- While Chris-Tia excelled in school as a child, her cultural and racial differences often made her feel like an outsider. Were you ever put in a position like this as a child? How did you overcome it?
- In your opinion, does the experience of going to a "better," predominately white school as a black child help or hurt that child? How so?

Share your favorite passage from the book on social media with the **#thisisonlyatest** for the chance to win a dinner with Chris-Tia and your book club or a \$250 gift card to Ulta.

Chapter 3: Harvard

- How has loss, whether of a loved one or otherwise, affected how you navigate through life or see the world?
- How did you cope with feelings of loneliness/sadness *when you were younger*? Did you dive deep into work? Did you distract yourself with other people or activities?
- How do you cope with feelings of loneliness /sadness *now*? Has anything changed in how you deal with your emotions? In what way?

Chapter 4: The Game

- What defines you? What makes you, you?
- What decisions in life did you make for others rather than yourself? How did that work out for you? Do you still find yourself stuck in the loop of pleasing others?
- Do you think Chris-Tia experience as a black woman in Corporate America was unique?
- If you could open your own business and become an entrepreneur, what products or services would you offer?

Chapter 5: Dreaming Big

- At the end of the chapter, Chris-Tia poses some questions. What dreams are you not chasing? What opportunities are you not seeking because you feel unprepared or inexperienced?

Chapter 6: Under Pressure

- Do you agree with Chris-Tia that pressure makes diamonds, aka hard work creates success? Or do you believe there is a way to streamline success and make it happen quicker? How so?
- If you've already achieved a certain level of success, what steps did you take to get there? Were they similar to Chris-Tia's?
- What hardships have you experienced during your journey (negative feedback from friends/family, crumbling relationships, sketchy business exchanges, etc.)?
- How do you approach dating when you're deeply focused on yourself and your career?
- What lessons have you learned about business, self-care, or maintaining relationships throughout your journey?

Chapter 7: Who Can I Trust?

- How do you go about planning and outlining your goals? Do you write them down, or do you attack them from a different angle?
- What, if anything, do you think Chris-Tia could have done differently to get her company off the ground faster?
- In your opinion, what value, if any, is there in being patient along the journey? Are there any scenarios when hasty, quick decisions work better?

Chapter 8: Let Go and Let God

- What role does faith, spirituality, or religion play in your life?
- Who, or what, do you turn to during stressful situations?
- If stress and hardships did not exist, what do you think you'd be able to achieve?

Chapter 9: The Big Test

- In this chapter, Chris-Tia gets into the intimate details of her battle with cancer. What scene stood out to you the most, and why?
- In what way do you relate to the feelings of helplessness or hopelessness that Chris-Tia felt when she was first diagnosed? How did you overcome these negative feelings?
- Have you ever lost faith in your spirituality during times of deep stress and anguish? How did you restore this faith?

Chapter 10: Invisible Hand

- Do you tend to lean more toward a “cup half-full” or “cup half-empty” mentality? Why do you think this is?
- What do you do during moments of weakness? How do you pull yourself out of dark places?
- How have your hardships allowed you to come back stronger than ever?

Chapter 11: Family Matters

- What role does family play in your life? How do they help you navigate through life? How have they changed your perspective of the world?
- Were there any times in your life where you needed to be the bigger person and make amends with someone? Describe what that experience was like for you.
- Where there any times in your life where you had to forgive yourself for any wrongdoings or self-sabotage? What did that process look like for you?

Chapter 12: 25 MPH

- In your opinion, what about today’s society makes it so hard for people to take a step back and focus on themselves when it’s needed?
- What do you wish was different about the stigma surrounding mental health and self-care?
- Do you think society focuses too much on the “grind” and “hustling”? Why or why not?

Chapter 13: Count Your Blessings

- Was there a certain experience in your life that changed your perspective of the world?
- In what ways do you show gratitude for the little things in life?
- How has your engagement on social media impacted your mental health or fuel your insecurities?
- Do you think participating in social media is healthy or unhealthy for society as a whole? Why?

Chapter 14: My Promise

- What did you know about cancer before reading this book?
- What have you learned about it after reading this book?
- What are your thoughts on the health care system and how it affects poor people and people of color?

Chapter 15: True Love

- In what ways have you sabotaged your personal relationships? What, if anything, have you done to make amends in these situations?
- Do you think it’s possible for someone to love another person without first loving themselves? Why or why not?
- How have your views on love and relationships changed over the years? What experiences sparked this change? What beliefs or ideals regarding love do you still hold onto?

Chapter 16: The Greatest Love of All

- How has your relationship with faith and religion changed over the course of your life? Are you more or less spiritual now that you’re older? What experiences sparked this change?
- What lessons from this book can you take with you and apply in your own life?
- What were your immediate feelings after closing this book for the final time?