

2022 BIG Read Summer Book Club – *What My Bones Know*

Date	Time	Location	Chapters	Themes/Discussion Topics
July 6	12-1p	CTI (CH 117)	Prologue & Chapters 1-7	<p>“Do you want to know your diagnosis?”</p> <p>“The question always feels absurd to me.”</p> <p>Achievement masking hurt, pain, and disfunction--“That’s resilience.”</p> <p>“I didn’t kill myself for three reasons.”</p>
July 27	12-1p	CTI (CH 117)	Chapters 8-31	<p>"Always, always: I tried to be good. But when the dread was at its most terrible, no matter what I did, I was never good enough. (p. 52)</p> <p>"But, you know, it's okay to have some things you never get over." (p.60)</p> <p>How could anyone be truly happy in a world filled with unrelenting suffering? (p.62)</p> <p>Why couldn't I figure out how to be like everyone else? (p.62)</p> <p>I wanted to learn to be happy and strong and independent so I could support others instead of letting my own depression always take center stage. (p.71)</p> <p>...anxiety, depression, lashing out in anger aren't always just petty, emotional failings. They may be reflexes designed to protect us from things our brain has encoded as threats. And these threatening inputs are what many people call triggers (p.77)</p> <p>Scientists have learned that stress is literally toxic (p.82)</p> <p>How much am I willing to pay in order to be happy? Is it worth going into debt to be happy? (p.94)</p> <p>There is a difference between knowing and understanding. I had known that this wasn't my fault. (p.111)</p> <p>...without my armor, I was raw, the elements scraping against exposed muscle. What's behind the veil? Pain. (p.116)</p> <p>I had expected that curing my trauma would be like climbing a 6th-floor walk-up while hauling a suitcase: hard-won and painful. (p. 127)</p>

				<p>I was approaching "wellness" with the same obsessive perfectionistic tendencies I'd brought to my job. (p.131)</p> <p>But after a couple of weeks of listing things I was grateful for, I came to see that the little things were everything. (p.139)</p> <p>The stress of not meeting their elders' expectations in a culture where they have to please their elders is real. (p.157)</p> <p>"I'm sorry," I said. "I promise I'll be better." (p.166)</p> <p>...even the more privileged, higher-performing kids are suffering from real, valid mental health struggles. (p.173)</p> <p>If it weren't for all the secrets. If we had simply said things, stated what was happening out in the open, then maybe someone could have stepped in to prevent my parents from ruining mine. [life] (p.178)</p> <p>"...When someone wrongs you, never keep it in your heart. Let it go." (p.187)</p> <p>The past is always here, haunting our homes, standing over us at night. (p.191)</p> <p>It would be ungrateful to reveal how traumatic or difficult that was, so it's easier to point to the success, to go along with the pressure of the model minority myth." (p.195)</p>
August 3	12-1p	CTI (CH 117)	Chapters 32-43	<p>I am blood and sin. I am the sum total of my parents' regrets. I am their greatest shame. (p.217)</p> <p>Estrangement is not freeing. It has not felt joyful. (p.224)</p> <p>I'd spent my life telling myself I didn't need a mommy or a daddy. But now I was beginning to realize that this hunger isn't childish - it is a universal primal need. (p.231)</p> <p>It was this feeling of belonging. You're ours.(p.237)</p> <p>I was moving through the world with less fear. (p.241)</p>

				<p>"The essence of what trauma does to a person is it makes them feel like they don't deserve love," (p. 252)</p> <p>And if you really want to work effectively with people, you have to keep surrendering power. And that means being humble and making mistakes and fumbling and being comfortable with that." (p. 269-9)</p> <p>"It's not the fights that matter. It's their pairs." (p.279)</p> <p>The truth is not an easy thing to discern. (p.281)</p> <p>"Being healed isn't about feeling nothing. Being healed is about feeling the appropriate emotions at the appropriate times and still being able to come back to yourself. That's just life." (p.296)</p> <p>Maybe I had not really been broken this whole time. Maybe I had been a human - flawed and still growing but full of light nonetheless. (p.306)</p> <p>Healing is never final. It is never perfection. But along with the losses are the triumphs.(p.317)</p>
August 24	12-1p	CTI (CH 117)	Entire Book	Recap & Fall Activities/Event Discussion