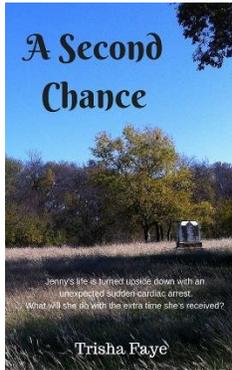


A SECOND CHANCE

By Trisha Faye

Book Discussion Questions



Jenny's heart stopped beating – 25,000 miles up in the air. The unexpected Sudden Cardiac Arrest causes her to look closer at her day-to-day life, examining it to see if she is truly living an authentic life. Will her life change? How does this incident impact her life? Will she learn to celebrate each new day she's been given? Or, will she continue on as before, sliding back into her old habits and routines? Join Jenny in A Second Chance, as she wrestles with her potentially life changing event and discovers whether or not she has the courage to delve deeper into the inner journey to her soul.

1. Jenny's story of surviving Sudden Cardiac Arrest gave her a second chance at life. This experience was the impetus for examining her life & making changes. If you had a similar experience that gave you a second chance at life, how do you think you would feel?
2. If you had a near death experience that you survived, would you make any changes to your life, and what would they be?
3. Looking at your current life right now – without having a brush with death – what one thing would you like to change?
4. Jenny journaled about how she's trying to accentuate the positives, but she finds that she still has some anger and negative feelings. What are your thoughts about being positive vs. negative? Do you think it's possible to totally eliminate all negative thoughts and feelings?
5. On one of Jenny's breaks, she jotted down a few notes. One portion stated:
"I find that I don't have the time, the energy, nor the desire to be around other people's pettiness & drama. Life is too short to deal with someone else's crap."
Are there people in your life who try to strew their drama and pettiness across your existence? Are there any ways that you can think of to create a buffer between you and the drama?
6. What things are in your life – people or situations – that make you think, 'Life is too short to deal with this'? What steps can you take to learn or resolve it?
7. Jenny's near death experience brought up thoughts about what memories of life did she want to remain. She asked herself what she wanted to leave to the future besides a name etched on a granite stone. Have similar thoughts ever crossed your mind? What legacy would you like to leave behind?

8. Jenny's friend posted a quote that resonated with her. 'Let go of anything unauthentic and all activities that do not mirror your brightest intentions for yourself.'

What inauthentic activities take up time in your life that you could let go of, to create time for meaningful activities?

9. There was one point in Jenny's story, while out with friends, that she told them that she was going to be the noisy one the next time they got together. Jenny was determined to be in the role that the others usually dominated. Do you think this incident is realistic of something that happens in everyday life? What do you think of Jenny's decision to rethink her original statement and to celebrate and be proud of her own quietness instead?

10. In Chapter 17, Jenny started keeping significant notes to herself in a journal. She lists twenty different phrases that she wanted to remember and incorporate into her life. Which of the phrases or quotes is your personal favorite? Would you like to share a little bit about why that phrase resonates with you and how it reflects on something in your life?

- Let go of anything inauthentic and all activities that do not mirror my brightest intentions for myself.
- Don't sweat the small stuff.
- To live a truly authentic life, I must be honest with myself.
- Know myself - warts and all.
- Acknowledge all my feelings.
- Notice details.
- Stop beating myself up. Stop saying 'I should have done this' or 'I should have said that.'
- Accept myself. Acknowledge the totality of my being.
- Trust myself.
- Have confidence in my own abilities and talents.
- There must be a reason why. Have faith that I will find it.
- Tell my inner critic to sit down and shut up.
- Honor the divinity that resides within me.
- What matters most?
- It's all good.
- Why is this in my life?
- Don't look back.
- Follow my bliss.
- I may not have tomorrow.
- If someone throws me the ball – I don't have to catch it.

I hope these questions have been helpful and have added something to your life. Embrace life and every moment in it.

You can contact Trisha Faye at:

texastrishafaye@yahoo.com

www.trishafaye.com

Facebook: www.facebook.com/trisha.faye.5

Twitter: @texastrishafaye