

# *The Optimist's Manifesto*

*An Optimist's Guide to Living in the Real World*

## *Book Discussion Guide*

1. Out of the 5 categories highlighted in the book (work, relationships, self, community, and world view) where in your life do you think you could incorporate more optimism?
2. What preconceived notions about the topic did you have? Did they change (for better or worse) after reading the book? Explain.
3. What has stuck with you in reading the book? A particular story, chapter, or tip?
4. What surprised you the most when you were reading this book?
5. What has this book inspired you to do differently or think about differently?
6. Were there any Questions for Reflection at the end(s) of the chapters that especially challenged you?
7. What will you do today to incorporate more optimism into your life?

