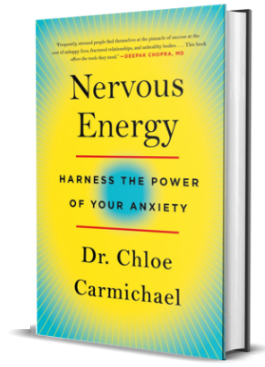


## BOOK CLUB DISCUSSION GUIDE



Thank you so much for selecting *Nervous Energy: Harness the Power of Your Anxiety* for your book club! The questions below are intended to stimulate conversation and reflection, as well as opportunities to get to know one another better.

There are likely too many questions for your book club to answer each one, so feel free to pre-select a certain number of questions, or share the entire list and let each person choose the questions that jump out for them... There is no wrong way to do this, the questions below are intended to be flexible to each situation:)

1. How does it feel to think about anxiety as having a healthy function that offers you benefits, rather than always being something to be controlled or managed?
2. Of all the techniques in the book, is there one that resonated with you the most?
3. Were there parts of the author's own personal story and/or the stories of the characters in the book that resonated for you? Or that reminded you of yourself, or someone you know?
4. Were there parts of the book that made you laugh? Which ones?
5. Did you get the free worksheets from [nervousenergybook.com](http://nervousenergybook.com)? If yes, were they helpful? Or did you find it was easier to just do the exercises with your own pen and paper?
6. Have you tried mindfulness before? If yes, how was the approach to mindfulness in this book different from what you have tried before? If not, what was it like to read about it and potentially try it for yourself?
7. Which technique felt the most challenging for you?
8. How was anxiety handled in your family growing up?
9. Have you ever felt stuck in overdrive after a busy or stressful chapter in life? How did you calm down from it? Are there techniques in the book you think might have helped you?



DrChloePhD



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10. Have you ever had a friend or family member with overwhelming anxiety? How do you think they would respond to the idea that anxiety has a healthy function?
11. What are some ways that anxiety has stimulated you to do positive things?
12. What produces anxiety in your life? How could you use the techniques in the book constructively around that topic?

**Thank you again for selecting *Nervous Energy: Harness the Power of Your Anxiety* for your book club!**

- Please know that Dr Chloe loves to connect with readers.
- If you would like her to visit your book club, please feel free to email [books@drchloe.com](mailto:books@drchloe.com) to make a request!
- Your emails are also encouraged if you would like to share comments or feedback about the book and/or questions/content that you think might be good additions for the book club guide.



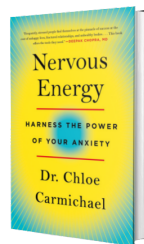
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*Thank you,  
Chloe*

**Scan the QR code and get free worksheets!**



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