



Stress Less, Accomplish More
BOOK CLUB KIT

“This book will change your life.”

—MARK HYMAN, M.D., *New York Times* Bestselling Author

STRESS LESS,
ACCOMPLISH
MORE

USA TODAY
BESTSELLER

MEDITATION
FOR
EXTRAORDINARY
PERFORMANCE

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How to use this workbook:

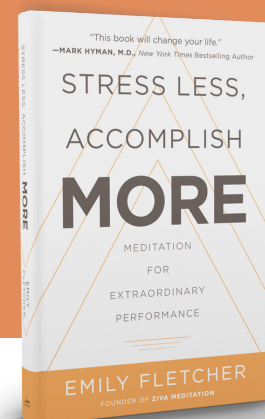
When I began writing this book, I imagined it being shared between friends, family members and coworkers. As one person would begin to feel the effects of less stress in their brain and body, I knew they would feel compelled to spread the message.

I now see this very thing happening every day as the tools inside this book reach far and wide...

Which is why I'm so happy to know that your book club is moving through this experience together. Starting a book like this and the practice you'll learn inside is infinitely easier and more enjoyable when you have an accountability group going through the process with you.

In order to help facilitate a meaningful discussion about this book, I created some questions that can be used as a framework for your conversations. Feel free to skip some or modify as needed to fit your group.

Happy reading!





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Intro + Chapter 1

- Have you ever tried meditation before? Does what you've read sound new or different than other types?
 - How was it filling out the questionnaire at the end of Chapter 1? If you feel comfortable sharing any part of it, how did it help you evaluate your current relationship with stress?
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Chapter 2

- Do you equate stress with productivity? How did this chapter shift your perception of stress and how it affects your performance at work, home, etc.?
- Did you try 2x breath? How did it feel?
- What was your reaction to Aetna's success with offering mindfulness courses? Would you partake in a similar program at your job if there was one?



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Chapter 3

- What's a recent example of you noticing you ran out of adaptation energy?
 - How was the exercise, "What Is Stress Costing You?" Was it eye-opening to see how much you spend on stress-relieving vices?
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Chapter 4

- Do you use a sleep tracker device? (If so, start keeping track of your sleep now and see what changes in your patterns emerge once you start using the technique you'll learn in Chapter 8.)
- Sleeplessness is epidemic. How does it affect your performance in daily life?
- What is your relationship with sleep? What would you pay for a guaranteed good night's sleep?



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Chapter 5

- Were you shocked to see how many areas of health that meditation can have an effect on?
 - Did you download the guided visualization for healing from this chapter? Did you listen? How did it go?
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Chapter 6

- Emily writes, “Too often, we’re chasing youth when we should be chasing health.” Do you agree? Why or why not?
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Chapter 7

- Have you noticed yourself falling into “I’ll be happy when...” syndrome? How do you get out of the habit?
- If you feel comfortable, share the 3 things you feel grateful for today from the “Water the Flowers, Not the Weeds” exercise.



Chapter 8

- Did you try the Z technique? How did it feel? What questions came up for you?
 - Do you feel clear on the difference between mindfulness, meditation and manifesting?
 - How will you hold yourself accountable to the practice?
 - Have you scheduled out your 2x daily meditations in your calendar?
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Chapter 9

- Discuss Karma vs. Dharma - how did the difference between these two concepts resonate with you? Have you noticed how these two concepts play out in your life?
- Did you use the Superpower pose? How did it make you feel? Would you use this technique before a presentation or an important meeting?



Chapter 10

- Let's talk about the Apology Addiction: how often do you notice yourself apologizing for things you don't need to feel sorry about?
 - After completing the "Breaking the Apology Addiction" challenge, how many times did you unnecessarily apologize?
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Chapter 11

- Was this connection between meditation and sex surprising to you? Why or why not?
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Chapter 12

- If you have been using the Z Technique, have you noticed a shift in how you respond to high demand situations? How has that affected your relationships?
- How did the "Love Bomb" go? Was it easy or hard? Is it something you've found helpful in your relationships?



Chapter 13

- What excites you most about starting a meditation practice?
 - What are your hesitations around meditation?
 - How will you commit to your own well-being after finishing this book?
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Additional questions

- What was your initial reaction to the book? Did it hook you immediately, or take some time to get into?
- What do you see are the biggest challenges to staying committed?
- What promise are you willing to make around meditation?
- How can this group best support each other in maintaining this practice?



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Questions, continued

- What is one thing that really stood out to you about the book?
 - Are the tips/suggestions mentioned practical enough to be applicable in your regular life?
 - What have you gained from reading this book?
 - Have you stayed consistent with the Z Technique since finishing the book?
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