

FALLING UPHILL

Reader's Guide

Thank you for your interest in sharing **Falling Uphill** with your reader's group. I truly hope that you find the book and these questions interesting, entertaining and somewhat enlightening ~ Scott

As you will soon discover, each chapter title in the book is a question that people asked me while I traveled. I discovered that everywhere I went, sometimes dozens of times per day, people asked me the same questions. It was a fascinating mystery. How could all these people (regardless of age, race, gender, culture or any other factor) be asking the same questions in the same order? I realized that it was a key to human nature. People everywhere are fundamentally the same: we all have fears and doubts; and we all have hopes and dreams. The questions people asked me were evidence that we are all on a similar journey: struggling to survive, learning how to befriend our fears, questing for a purpose and ultimately seeking a creative, joyful, meaningful life.

This book is a collection of frequently asked questions that offer a small peek into my adventure around the world on a bicycle. The questions (chapters) flow in a similar order that the citizens of the world asked me everyday. And the book is full of hundreds more questions, any one of which can be a topic of conversation. While you read, I encourage you to imagine that you are about to embark on your own quest and that you are asking the questions to prepare yourself.

Here are a few more key questions that you may want to consider discussing:

- Have you ever had an Aha! moment? Or a The-straw-that-broke-the-camel's-back moment?
- If you could do anything, what would you do?
- If you aren't doing it, why not?
- Can you list some personal and/or cultural beliefs that are framing your reality?
 - Are these beliefs true or false? Are they beneficial or detrimental?
 - What are the author's self-limiting beliefs and behavior patterns?
- Can you discover any new patterns to the questions or themes in the book?
- After receiving hundreds of letters, the author discovered that everyone has different opinions; and, curiously, some are confronted while others are comforted by the exact same passage. Has your group reached any consensus?
- Is the book's structure successful?
 - Did the melodramatic stories in the beginning hook you as reader?
 - Could you sympathize with the author's struggle?
 - Was there sufficient character growth?
- Did you discover something that the author failed to recognize about himself or the world?
- What is your take-away? In other words, do you feel you've learned something that will make a lasting impression, alter your behavior or significantly benefit your future?