



Come Back Strong

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Reading Group Guide

For use with
BOOK: *Come Back Strong*
AND/OR
COURSE: *Balanced Wellness Through Menopause*

Introduction

1. Did you read the book, take the course, or both? Do you find you learn best by reading, listening, or watching video?
2. What prompted you to read this book or take the course now? What do you hope to gain from it?
3. Have you experienced ovarian cysts? Fibroids? Endometriosis?
4. Have you had a hysterectomy? Oophorectomy? Has your doctor recommended either? Why?
5. Lori said “Menopause can enhance who we are.” Do you agree or disagree? Why?
6. Do you agree with this quote from the chapter: “(Menopause) intensifies things that are out of balance. If a woman is struggling with her weight, finances, career, purpose, another illness, passion, focus, or drive, (surgical) menopause will make each of these issues more obvious and extreme.” Why or why not? Give an example.
7. One reviewer wrote, “Sometimes I forgot I was reading a book about surgical menopause. Lori's insights are perfect for many life scenarios.” One reader said every time she read the word menopause, she thought “divorce.” Do you believe you can learn from a book about menopause even if you are not going through menopause? In what other situations would the book *Come Back Strong* or the course *Balanced Wellness* be helpful?
8. What sentence spoke to you most in this chapter? Why?

Chapter 1: My Story

1. When you read Lori's story, what was your reaction? What could you personally relate to or what made you think of someone in your life?
2. One reviewer said "...the writer is not a relatable person to me. She's a super-athlete, hard-core cyclist, etc. who was not faced with dire, life and death medical circumstances. She was disappointed and worried about losing her 6-pack abs. I was worried about losing my life." Do you agree? Why or why not?
3. Do you believe women are fierce competitors or powerful collaborators? Why?
4. Do you believe women support each other, celebrating victories and sharing struggles or do you feel they are highly critical of each other?
5. What is one way that women can be more supportive of each other?
6. Have you experienced medical testing? Did you have to wait for results? How did you manage stress and worry during the waiting?
7. Have you ever been told you have ovarian cysts, a mass, fibroid, or cancer? What treatment options have you explored?
8. If you were told the best-case scenario was to remove an organ, would you take your doctor's word for it? Would you get a second opinion? Would you ask about the repercussions or alternative options?
9. Have you struggled hormonally throughout your life with PMS, fibroids, endometriosis, cramping, or heavy bleeding? Did it disrupt the quality of your life? What did you do?

10. Do you tend to rush through stressful situations to get them over with, or take your time to make sure you gather all information and make the best educated decision?
11. Do you make decisions based on facts or gut instinct?
12. Do you struggle with digestive distress (IBS, diverticulosis, constipation, diarrhea, bloating)?
13. Have you ever confused digestive distress with reproductive distress? Can you tell the difference between painful digestion and menstrual cramping?
14. If your breasts, ovaries, or uterus have been or were removed, would you feel like less of a woman? Why or why not?
15. If you had major surgery and it was suggested that you take six weeks off to heal and recover, would you feel comfortable doing so financially?
16. Which do you have: active income or residual income or both?

ACTIVE income comes as a direct result of our efforts. This is when we work for one hour and get paid a certain amount for that hour's work. This can be seen in wages, salaries, and self-employed service providers like lawyers, doctors, or personal trainers.

RESIDUAL income is when you continue to get paid after the work is done. This includes royalties from books or songs and also income that comes from real estate or business investments where you don't actually have to be present to earn it. It can also come from a network marketing business.

17. Robert Kiyosaki defines true wealth as financial freedom. That is, having more passive income coming in each month and you need to pay in expenses. He defines wealth in terms of months...not dollar figures.

- If you spend \$4,000/month in living expenses and have \$8,000 in the bank your wealth is 2 months.
- If you spend \$5,000/month and have \$20,000 in the bank your wealth is 4 months.

Can you see the benefit of having a passive/residual income if faced with a surgery or long recovery from an accident or illness?

18. Have you ever cried at a job? How was it received? How did it make you feel?

19. Do you feel women have to stuff their feelings or suppress their tears at their job?

20. Have you experienced anger related to menopause or surgical menopause?

21. Have your emotions ever caused you to lash out at someone? How did it make you feel? Did it cause lasting damage to you or someone else?

22. Have you ever pushed through a situation in life, ignoring the signs to rest or take a break? Why?

23. Lori describes a fight with her husband being the turning point in her recovery and comeback. Has your health affected someone else in your life? How?

24. Have you argued with a loved one over your or their health? Did it cause a divide or bring you closer?

25. What sentence spoke to you most in this chapter? Why?

Chapter 2: Preparing for Surgery and Initial Recovery

1. How much do you know about (surgical) menopause? Where did you learn?
2. Do you feel like an empowered part of your medical team? Why or why not?
3. Do you have a written/electronic summary of your personal and family history? Do you have a list of your prescriptions or over-the-counter medications including vitamins and herbal remedies?
4. Are you comfortable asking your doctors questions about things you don't understand?
5. Have you ever gotten a second opinion from another doctor? Were you comfortable telling your first or primary doctor that this was your wish?
6. Have you ever taken a friend or third party to a doctors appointment? How did it feel?
7. During the 2020 pandemic, many hospitals and doctors did not allow partners or friends to attend appointments with you. Did this in any way affect you? How did it feel?
8. Lori talks about serenity through acceptance. Do you see the value in accepting what you can't change? Have you ever held on to anger or frustration, refusing to accept reality? How did it affect your health or quality of life?
9. Think back to when you first got your period. What was your perspective? Did you view it as an honor as you stepped into womanhood or did you view it as terribly embarrassing?

10. What is your perspective of menopause? Is it a time of distress and discomfort? A signal of aging? Do you fear the best years are behind you? Are you focused completely on your symptoms? Or do you see this transition as a rite of passage and a time to discover or rediscover your power, purpose, passion, and authenticity?

11. Instead of seeing menopause as a flaw, illness, or weakness, consider that it may actually be a strength. Have you thought about menopause this way before? Why or why not?

12. What messages about menopause and aging did you hear growing up? Do you believe that message?

13. The Chinese refer to menopause as the second spring. Do you agree? Why or why not?

14. Can you see any benefits or positive side effects to menopause?

15. Do you believe healing from surgery is only physical? Is there a mental and emotional aspect?

16. Who do you know that has gone through (surgical) menopause? Did their experience influence your expectations? Did they talk about their experience?

17. In this chapter, Lori discusses post-surgery intercourse. Were you comfortable reading this section? Why or why not?

18. How would you rate your libido? If you have a partner, how would you rate theirs? How has menopause affected your or their libido? How do you feel about that?

19. When you are experiencing a difficult season of life or particular challenge, are you more focused on your own emotions, reactions, frustrations and expectations or those of your partner and family?

20. Take a few minutes to think about the things in your life that are stressful. Can you see where a cumulative build up of stress is affecting your life? How?
21. Do you have tools to help you reduce stress? What are they?
22. Who are members of your support network? How do they help you? Do you find it easy or hard to ask for help?
23. Are there things in your life that you could delegate or get help with? Even temporarily? What are they?
24. Lori lists final tips for preparing for surgery and initial recovery. Are there other times in your life where you could benefit from these suggestions? Which ones do you feel are good self-care practices that should be used regularly?
25. What sentence spoke to you most in this chapter? Why?

Chapter 3: Wellness and the Challenges of Menopause

- 1 What are the spokes on your wellness wheel?
 - a. Make a list.
 - b. Prioritize them based on importance.
 - c. Re-prioritize them based on which ones need the most attention during this season of your life.
2. What is your top health goal? Top fitness goal? Top financial goal? What is one thing you can do this week to move each of them forward?
3. Who are your top three relationships? Reach out to each on of them today to schedule a time to catch up or spend time together.

4. Why do you want to be healthy? Who is counting on you to be healthy and balanced?
5. Who can you share your "Why" with this week?
6. What is one thing you learned from the section on premenopause, perimenopause, menopause, and postmenopause?
7. What symptoms of menopause do you have? Which do you find the most bothersome or severe? Do you feel they are all connected?
8. Is there anything you've found that exacerbates or alleviates your symptoms (stress, workload, sleep, yoga, relationships)?
9. Were your reproductive organs removed? Did you experience feelings of emptiness, sorrow or relief?
10. Did your hysterectomy affect your ability to have children? How do you feel about that?
11. Are you familiar with HRT? BHRT? Does one feel more comfortable to you? Have you been told you can't or shouldn't take HRT/BHRT? Did you agree or get a second opinion?
12. What sentence spoke to you most in this chapter? Why?

BALANCED WELLNESS
AFTER SURGICAL
MENOPAUSE

Chapter 4: Complementary Medicine

1. Does your insurance company cover acupuncture? Massage? Counseling? Chiropractic?
2. Have you ever been to an acupuncturist? For what? Did it help?
3. Have you ever been to a massage therapist? Do you see how it could help during menopause?
4. Have you ever worked with a therapist or counselor? Do you think you could benefit from talking to a professional about menopause or do you feel it is a private issue or one for your gynecologist?
5. Do you follow traditional “western” medicine? Are you familiar with eastern practices? Do you have a preference for one or the other or both?
6. Do you enjoy time in nature or by the water? How does it help or add to the quality of your life?
7. What’s your experience with anxiety or depression (example: personally struggled, know someone, learning about it)?
8. Menopause can worsen symptoms of anxiety and depression. What’s one way you’re taking care of yourself in each of these areas?
 - a. Physical:
 - b. Emotional:
 - c. Social:
 - d. Spiritual:
9. What sentence spoke to you most in this chapter? Why?

Chapter 5: Lifestyle Changes

1. What are your exercise preferences? Alone? At the gym? Outside? In a group? With a partner? In a class?
2. As a child, did you play a sport?
3. The time of day to exercise is first thing in the morning? Lunchtime, After work? Evening? After kids are in bed?
4. Do you exercise aerobically/cardiovascularly? Do you do any form of strength training? Do you practice yoga or stretch regularly? How does each benefit you?
5. Think of a time you enjoyed being physically active. What were you doing and who were you with?
6. Most people when asked about their diet say they eat healthy. Do you agree? Are there areas of your diet you could improve or need help with?
7. Have you tried any of the nutrition tips to maintain or lose weight?
8. Have you noticed any foods or drinks that minimize your menopausal symptoms?
9. Have you noticed foods or drinks that exacerbate your menopausal symptoms?
10. What foods make you feel your best? What makes it easier for you to eat well?
11. How much caffeine do you consume per day? Are you willing to cut back or eliminate to see if it reduced your symptoms or gave you a better quality of life?

12. How much alcohol do you consume per day? Are you willing to cut back or eliminate to see if it reduced your symptoms or gave you a better quality of life?
13. Are there signs that indicate you are fatigued or exhausted?
14. Do you get enough sleep? How much do you need to feel your best? If you are not getting adequate sleep, what's one small change you could try this week?
15. Have you ever experienced insomnia? What did you do? How did it affect your life?
16. Do you practice yoga? Would you be willing to try if it reduced your symptoms or gave you a better quality of life?
17. Lori writes about the spiritual practice of loving your neighbor as yourself. A quote from the book is "It's the premise of showing the same kindness to others that we want to be shown to us. The problem is, we don't love ourselves enough..." Do you agree? Why or why not?
18. Are there areas where you hate parts of your body or yourself? What would you tell a friend who had these feelings?
19. Is it hard for you to say no? What helps you say no so you can say yes to what's best?
20. What sentence spoke to you most in this chapter? Why?

Chapter 6: Thoughts, Words, and Feeling

1. What 3 things are you grateful for? Why?
2. What is one thing you are grateful for about being a woman?
3. What is one thing you are grateful for about menopause?
4. Can you list examples of women in midlife and beyond who are doing remarkable things? What do you admire most about them?
5. Take a moment to do an audit of what you are reading, listening to, watching on television or Netflix, or following on social media. Is it positive or negative? How does this affect your overall outlook on life?
6. What is an affirmation you can use to stay positive?
7. What is one aha moment you had about yourself as you went through this chapter?
8. What tools from this chapter did you find most helpful? Did any new ones come to mind while reading this chapter?
9. What is a lie you believe about menopause? How has it affected your life? Your confidence? What's actually true?
10. Think of a time something negative happened and you criticized yourself. What would you say to someone you care about in that same situation?
11. When your life has purpose, you have unlimited energy and joy. What excites you about your life? What aspects of your life steal your joy? What is one thing you can do today to either add more joy or remove the joy stealers from your life?

12. Do you believe you have a unique purpose? Have you found it? Are you living it?

13. Spend a few minutes journaling. Explore your past and remember points in your life when you were most happy. What were you doing? Were you riding your bike? Gardening? Singing? Teaching? Working with your hands? Are you still doing it? If not, consider finding ways to bring it back into your life.

14. Lori writes about being a great pretender. She pretended she didn't know what the next chapter was or the next step. But in her heart, she truly did know what to do next. What are you pretending not to know? What are you afraid of? What excites you?

15. What sentence spoke to you most in this chapter? Why?

Chapter 7: Come Back Strong

1. As a child, teen, or early adult, what did you daydream about, pretend to do, enjoy imagining, or love to do? Are you still doing it?

2. Do you prefer to spend time alone? With a partner? In a group?

3. What are your top three strengths?

4. What are three of your skills?

5. Who are you helping in this season of your life, and how are you doing so?

6. What do you want more of in your life during menopause? What do you want less of?

7. What is something you are passionate about?
8. What is something you could talk about or do all day without regard to time?
9. For what do you most want to be remembered? What legacy do you want to leave?
10. What gifts do menopausal or post menopausal women bring to their families? Communities? The world?
11. Are women better together? How?
12. Who do you admire, not because of their easy life, but because they've show you what it means to be resilient, to keep getting back up?
13. When have you gone through a hard time and gotten back up? What helped you to do so?
14. Do you have a purpose statement?
15. What's one new insight about menopause you've learned from this book/course? How will it make your life better?
16. Who in your life can you tell about what you learned? How will it help them too?
17. What is one positive take-away from participation in this book/course group?
18. Would you like to continue meeting as a group for support or other book studies?
19. What sentence spoke to you most in this chapter? Why?

Appendix: Questions You May Wish to Ask Your Doctor

1. What questions were most helpful in thinking about your relationship with your doctor?
2. Do any of the questions apply to a situation other than menopause, hysterectomy, or oophorectomy?

Enhance your Book Club

INVITE LORI to your group discussion via Zoom or Skype.
Email Lori at [Lori@LoriAnnKing.com/](mailto:Lori@LoriAnnKing.com)

Work with Lori

WORK WITH LORI and her husband Jim.

We help people, just like you, look better, feel better, and earn more money too!

Wondering if we can help you?

Contact us today at Lori@LoriAnnKing.com

We can schedule a group Zoom presentation OR a one-on-one call/zoom to discuss your options.

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