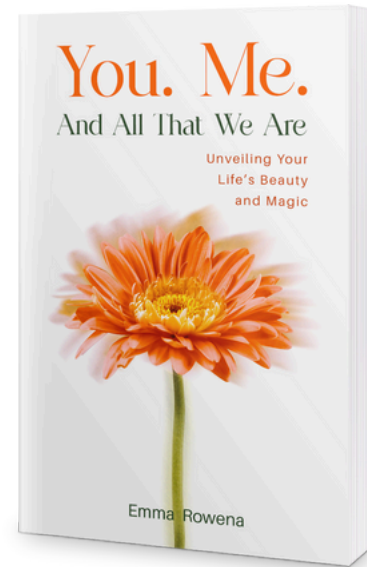


You. Me.

And All That We Are

Unveiling Your
Life's Beauty
and Magic



Welcome to all of you who have embarked on the journey of reading my book, You. Me. And All That We Are. It's a pleasure to have you here, and I'm grateful that you've chosen to explore the transformative insights within these pages.

In You. Me. And All That We Are, you are invited into my personal journey, a fusion of my experiences as a classical pianist, a healer, and a mother. The book shares the evolution of my understanding of life, love, and the profound connection between a mother and son.

As you come together with your circle of book enthusiasts and friends, I've compiled a list of thought-provoking questions to guide your discussion. These questions are intended to spark engaging conversations, providing a platform to reflect on the book's impact and share your insights.

Enjoy your book club discussion, and may the questions lead you to a deeper understanding of the transformative potential that lies within You. Me. And All That We Are.

Emma

You. Me. And All That We Are



DISCUSSION QUESTIONS:

- The book is described as a soul-to-soul conversation between Emma and her son. How does this unique form of communication impact the narrative and the lessons shared in the book? Can you relate this to your own experiences or perceptions of parent-child relationships?
- Emma Rowena's journey from a classical pianist to a certified intuitive reader and healer is an integral part of her story. How do you think her diverse background and experiences shape the content and approach of her book, *You. Me. And All That We Are*?
- Emma encourages parents to embrace curiosity, playfulness, and intuition as superpowers. How do these qualities counteract fear and self-loathing, as mentioned in the book? Share instances in your life where these qualities have played a role in personal growth and connection with loved ones.
- Emma envisions a healing center for children and youth. Discuss this vision and how it aligns with the themes of guidance, evolution, and creating a better, more compassionate world for the younger generation. How do you think such a center could impact the community?
- As a classical pianist deeply connected to music, how does Emma integrate the power of music into her practices of meditation, creativity, and healing? How might music influence her continuous journey of helping and creating a better life? Share your own experiences with the transformative power of music.
- Emma suggests powerful tools and exercises for parents. Can you share a specific exercise or lesson from the book that you believe can resonate deeply with readers and help them create a brighter, more balanced life for themselves and their children? How might these practices be applied in your own life?

You. Me. And All That We Are

- The book is described as a heartfelt letter to Emma's son. How do you think the process of writing transformed her own life and perspectives on motherhood and personal development?
- Throughout the book, Emma utilizes symbolism and metaphors to convey deeper meanings. Identify and discuss specific symbols or metaphors that resonated with you. How did they enhance your understanding of the book's messages, and do you have personal interpretations of any symbolic elements?
- Emma's multicultural background is reflected in her experiences growing up in different countries. How do you think her multicultural influences shape the narrative and themes of the book? In what ways can diverse cultural perspectives contribute to a broader understanding of parenting, personal growth, and building compassionate communities?
- The ultimate message of the book is about tapping into the beauty and magic within. How can readers begin this journey of self-discovery, and what advice would you offer to those ready to unveil the power within themselves for a more empowered life? Share personal insights or challenges related to starting your own journey of self-discovery.

We welcome and encourage you to use the hashtag #YouMeAndAllThatWeAre or tag @EmmaRowena on social media to share pictures of you, your group, or your favorite reading spot. To help other readers find the book, your honest book review on your retailer of preference is also appreciated.

