



'Argh! Too much information, not enough brain: A Practical Guide to Outsmarting Overwhelm'

**Book Club
Discussion
Questions**

If you're a member of a book club or book group and you're reading and discussing 'Argh! Too much information, not enough brain: A Practical Guide to Outsmarting Overwhelm', feel free to make use of these questions for reflection, discussion and conversation.

1. What part/s of the book resonated with you the most?
2. Of the three contributors to overwhelm (emotional, workload, information) which one do you think you experience most often?
3. When did you most recently feel like 'Argh!'? What was happening?
4. Have you noticed your overwhelm more or less since reading the book?
5. What other things have you noticed about yourself?
6. What do you think about the research on how multitasking and switching can make us 'dumb and dumber'?
7. Which of the techniques, tips or tools from the book have you tried?

8. What's a favourite quote, story or segment from the book? Why?
9. What feelings did this book bring up or evoke for you?
10. What do you think was the main message the author was aiming to get across?
11. What did you already know about overwhelm or overload prior to reading the book?
What do you know now?
12. What other questions did the book bring up for you?
13. What about the chapter and information on the inner critic, or inner commentator? Is this something you experience?
14. Has the book changed your opinion or perspective on anything? What and how?
15. What else would you want to know about this topic?
16. What questions would you have for the author, Lynne Cazaly?
17. Other questions of your choice...

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