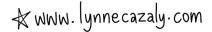


'Argh! Too much information, not enough brain: A Practical Guide to Outsmarting Overwhelm'

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 guestions would you have for the author, Lynne Cazaly?
- 17. Other questions of your choice...

## Remember to download the additional book resources for free at www.lynnecazaly.com.au/argh

\* www. lynnecazaly.com