

Reading Group Guide
Night Bloomers: 12 Principles for Thriving in Adversity

By: Michelle Pearce, PhD

1. Do you consider yourself a Night Bloomer? Why or why not?
2. The author argues that there are treasures to be found in the dark times of our lives. Do you agree with this perspective?
3. Which parts of *Night Bloomers* resonated most strongly with you? Were there parts you disagreed with—and why?
4. Who in your life has been a good role model for handling pain and suffering? What have you learned from them?
5. What famous Night Bloomers have inspired you? How have they “shared their blooming harvest” with others?
6. The author described receiving a text message of a night blooming flower as a seminal moment when her perspective on her loss changed. Have you experienced a moment like this when your perspective radically changed? Did it lead to some sort of transformation?
7. Have you ever used journaling as a tool to heal and grow? What has this been like for you? If you haven’t used journaling, did this book inspire you to do so?
8. What were your favorite writing prompts and why?
9. Why do you think the author made it a point to encourage Night Bloomers to “grieve before growing?”
10. Did the principle of “Wrestling with the Divine Gardener” resonate for you? Is there another way you would explain a potential purpose of spiritual suffering?
11. Which principle of blooming in the dark has been (or would be) the easiest for you?
12. Which principle of blooming in the dark has been (or would be) the most challenging for you?
13. If you are currently going through a blooming process, what principle are you working on now?
14. What was your biggest take-away from *Night Bloomers*?
15. In what ways will you approach and handle adversity differently going forward?