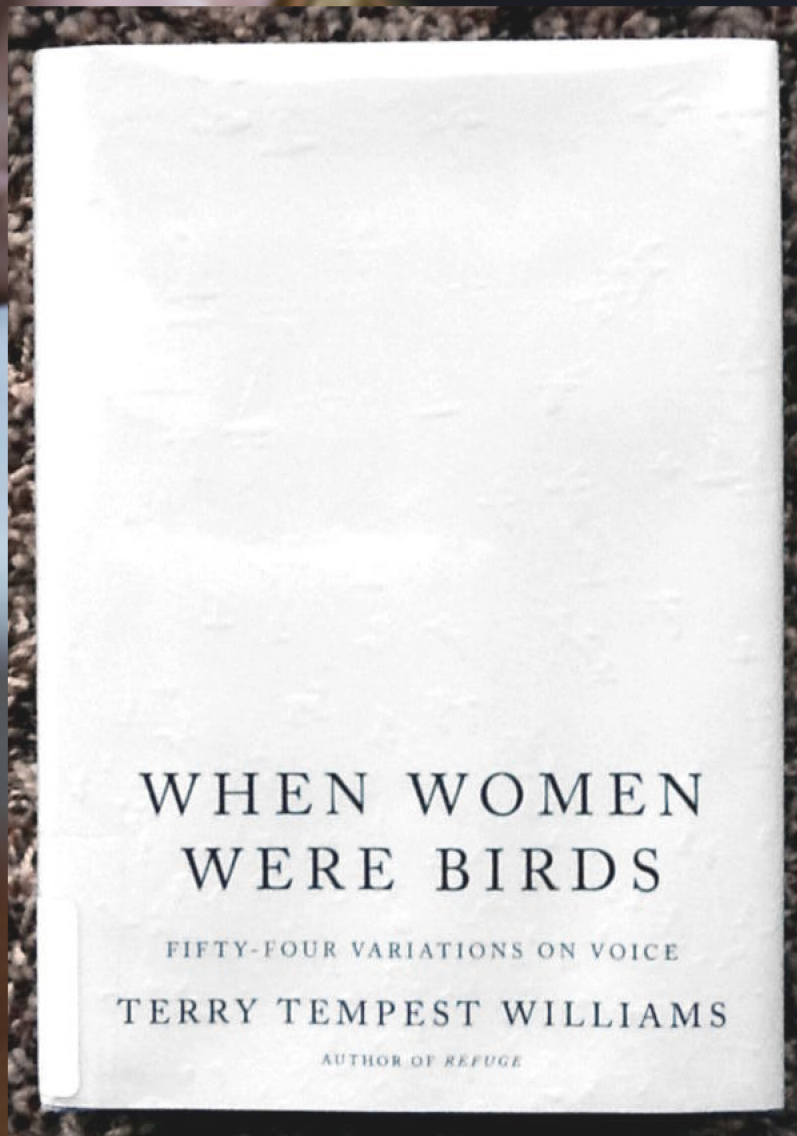




STEPH
JAGGER

A Reader's Guide

A collection of marinations and prompts to gently edge you into deeper connection with the book and yourself.



OUR TOP 10 FOR READING BETWEEN THE LINES

one

QUOTE & EXERCISE

PAGE 19 (CHAPTER II):

"The first voice I heard belonged to my mother."

What is the voice of your mother, what did it sound like, what did it say?

Journal about her voice and where it still exists (in her, in your head, in your siblings).

What parts of it are serving you?

What parts of it aren't?

What parts of it have helped to shape your voice (for better or worse)?

Tempest Williams left six pages blank for a gorgeous effect of emptiness.

As such, we double dog dare you to fill the same number of pages in a journal with your own thoughts about your mother, her voice, and how the sound of her shaped the sound of you.

two

QUOTE

PAGE 22 (CHAPTER IV):

"My mother's transgression was hunger. She passed her hunger on to me without ever speaking a word."

This is a big one, but we're curious to know . . . what did your mother pass on to you without ever speaking a word?

three

MARINATION & EXERCISE

PAGE 22 - 26 (CHAPTER V):

Tempest Williams brings up the concept of erasure. This made us sit back in our chair. "Erasure. What every woman knows but rarely discusses."

We'd love to do three things with that:

1. We'd love for you to think about how erasure has worked in your own life. What's been erased? What hasn't? How does that impact what you see and name as "your truth"? Was the erasure "done by your own hand"? If not, who did it? How?

four

MARINATION

PAGE 57 - 62 (CHAPTER XIX):

Tempest Williams writes so eloquently about silence and the fears associated with it. This got us thinking about comfort in chaos.

How much chaos might you be creating in your life, dearest beauties, in order to make the silence bearable? What noise are you consciously or unconsciously bringing in because the idea of nothingness scares you? What is the difference, my loves, between loneliness and solitude?

Journal it out.



MARINATION

PAGE 69 (CHAPTER XXI):

Tempest Williams writes:

“Ted Major cared more about the questions and less about the answers.

I couldn't count all the times Ted said, 'I don't know.'

This inspired me.”

This also inspired us. We've become so uncomfortable in the unknown. Let's look at the unknown in the eye.

Make a list of all the things you do not know. Tuck it in a drawer. Leave it there. Forever. Trust that the answers will either come to you or they won't. Live in magic and mystery.

Steph will take the first stab. Here's her go:

I don't know who my nieces and nephews will grow up to become. I don't know what my life will look like in ten years. I don't know when my mother will die. I don't know if I'll ever be a size four. I don't know if I care about that. I don't know.

Now you go.

five

QUOTE

PAGE 114 - 115 (CHAPTER XXXI):

Tempest Williams ends the chapter by saying, “I am growing beyond my own conditioning, breaking set with what was breaking me.”

What was your conditioning? Where are you growing beyond it? Where are you still stuck within it?

SIX

seven

QUOTE

From PAGE 131 (CHAPTER XXXIX):

"Do you have a voice?..."

"Yes," I answered.

"It would be nice to hear it."

eight

QUOTE

PAGE 146 (CHAPTER XLI):

"How many times have I told myself it is time to change my life?"



nine

MARINATION

In CHAPTER LIV Tempest Williams talks about her brain tumor. There was a lot that struck us, specifically the metaphor of numbness on PAGE 198, but then she writes, "The body doesn't lie."

This begs two simple but deeply profound questions, which are: are you listening to your body? And, what is your body telling you?

ten

MARINATION

PAGE 204 and 205 (CHAPTER LIV):
Her final question: "How shall I live? How shall I live?"

So, tell us . . . or better yet, tell yourself -- how shall you? How shall you?

NOTES



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