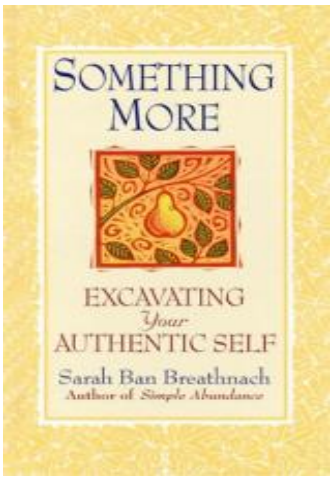
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Something More

by Sarah Ban Breathnach



About the Book

You may have a beautiful home, a family you adore, and work that you enjoy. But why do you secretly sense that you need something more to be truly happy?

Because it's true.

The wisdom, warmth, compassion, and disarming candor of Simple Abundance has made Sarah Ban Breathnach's a trusted voice to millions of women. Now Sarah invites you on a bold, brave, and beautiful continuation of the journey to authenticity, the search for...Something More.

In this eloquent and evocative book, Sarah Ban Breathnach encourages you to become an archaeologist of your Self: to plumb your past with its unfulfilled longings, forgotten pleasures, and abandoned dreams, to "excavate" the authentic woman buried inside.

Uncovering your authentic self will be challenging-but exhilarating. Assisting your personal "dig" will be hints and prompts from the lives of both celebrated and unknown women. These, in tandem with Sarah's own insights, will help you unravel your own mystery and recover the joy that has been missing from your life. Along the way, you will experience small but exquisite epiphanies that will help you come to terms with your past choices and reveal exciting new opportunities that lead to your destiny.

Dare to begin the journey. Within these pages lie powerful truths that can change your life...and inspire you to settle for nothing less than Something More.

Discussion Guide

1. After a book like *Simple Abundance*, which promotes the theory that "all you have is all you need," the concept of needing *Something More* may seem counterintuitive, yet it is not. Discuss ways in which one may be on the *Simple Abundance* path but still feel a need for *Something More*.

2. *Something More* asks us to distinguish between happiness and joy. Do you feel you understand the difference? Discuss the nuances of each concept. Do you think you have been taught to look for joy, or is it something that just happened along the way? Does it feel foreign or uncomfortable to demand and expect joy out of your life? Analyze the feelings that surface in this discussion.

3. In "When the Student Is Ready," Sarah explains: "Soul-directed events push us past the perimeter of comfort and the safety of old patterns . . . defy logic, and ridicule reason. But soul-directed events--authentic moments--never betray us." Try to come up with your own personal definition of a soul-directed event. What are some of the soul-directed events that have made a difference in your life?

4. In the section "Small Things Forgotten," Sarah points out that small things from our past may convey special meanings. Are you able to remember material objects that were "worthless" to others--a dime-store thimble, perhaps, that your grandmother used to teach you how to sew, or a beat-up rag doll that you played with long ago? Are any of these objects monetarily valuable? How does our society assign value to objects? How does this alter our own behavior? Use these questions as a jumping-off point for learning how to ascribe worth to objects, behaviors, our selves.

5. In "Starting Over," we are told that there are only three ways to change the trajectory of our lives for better or worse: crisis, chance, and choice. Do you agree with this statement? Try to identify points in your life where major changes occurred: Can you pinpoint what precipitated this change? Discuss the incidence of chance, crisis, and choice in your life: Do you think one plays a stronger role than the others? If so, are you happy with the strength of that role, and if not, do you see a way to try to change it?

6. In "Surviving," Sarah makes a provocative statement: "Self-loathing is the silent hemorrhaging of the soul. You don't feel or see the life force changing until it's no longer there, and then, of course, it's too late." This raises an interesting point: If you are physically ill (broke your arm, running a high fever, covered with hives), do you try to cure what ails you, either on your own or with a doctor's aid? But if, in contrast, you feel soul-sick, do you ignore it and think it will pass? Why is there such a different inclination for matters of the soul? Is there anything you can do to change this?

7. "Settling" looks at the word "settle" and notes that it changes depending upon which adverb is modifying it: We can "settle down," "settle for," "settle up," and "settle on"; and at some point in our lives we do all four. What does the word "settle" mean to you? Is it a giving up of standards (as in "settling for"), or does it imply a move toward comfort and stability (as in "settling down")? Sarah goes on to affirm: "There's no way around it, only through; on our deeply personal journey to authenticity we must all become pioneers and make peace with settling before we can move on." What issues in your life must you settle before achieving the joy of *Something More*?

8. In "Stumbling," Sarah defines the concept of the Wilderness in several ways: "a Divine detour to bring us home to ourselves after a lifetime of running away"; "tough love"; "a radical spiritual amputation of the weaker and toxic parts of our personalities." She contrasts these definitions with one conjured up by an ancient legend: "a place of learning, spiritual growth, understanding, healing, and accomplishment." Can you synthesize these definitions? Think of phrases that parallel this concept in common speech: "it hurts me more than it hurts you"; "had to learn it the hard way." Is this a

concept that you have paid lip service to in the past but never believed? Try to come up with some personal lessons that were learned only after a difficult trial.

9. "Fragile moments come to all of us," Sarah tells us in "Shattered," "so when our 'little days' come, when we feel alone and helpless, we need to remember that outstretched arms are waiting to pick us up, not to make it all better for us, but to help us make it all better for ourselves." How does our faith--whether religious, spiritual, or just an undefined sense of confidence in the Cosmos--rescue us in times of need? Many of us do not stop to think about what we truly place faith in until we must turn to it in emergency. Stop and think about what the source of your faith is and try to put it into words for yourself and for others in the group (keeping in mind that this is quite difficult).

10. In "Sensing," Sarah asks us to think back to the best moments of our lives. "Moments of caring, clarity, communion, companionship, commitment . . . of transcendence and transformation . . . of exhilaration and engagement . . . it's at these moments that the soul's Morse code . . . not only connects, but resonates on the deepest level." Can you conjure up these moments? Do they have elements in common? Discuss these elements, and observe the similarities (and differences) among each group member's moments. What does this say about your Authentic Selves?

11. "Something More," our final chapter, finally reveals the secret of what we've been looking for. Are you surprised by the discovery? Disappointed? Nervous? Excited? Discuss your definition of Something More and your plans to achieve it. **What's Next?** *Something More* naturally lends itself to a few follow-up projects. In October 1999, Warner Books published an interactive hardcover titled The Illustrated Discovery Journal. This is the same journal referred to as a tool for following both *Simple Abundance* and *Something More*. It is the ultimate repository of magazine clippings, photos, drawings, and other creative stimuli; with Sarah's guidance, you will learn to discern your own authentic preferences by examining the material you have collected. In April 2000, Warner Books will publish a trade paperback workbook titled *The Simple Abundance Companion: Following Your Authentic Path to Something More*. This book is a way for Sarah Ban Breathnach's fans to reap the benefits of her renowned workshops right in the comfort of their own homes. The workbook's mental, physical, and emotional exercises will help guide readers through the myriad issues, questions, and discoveries elicited by both *Simple Abundance* and *Something More*. Sarah Ban Breathnach would like to hear from you. For more information on her activities or about The Simple Abundance Charitable Fund, please write her at: SOMETHING MORE P.O. Box 1123 Takoma Park, Maryland 20913-5870

Author Bio

SARAH BAN BREATHNACH'S (pronounced "Bon Brannock") work celebrates quiet joys, simple pleasures and everyday epiphanies. The wisdom, warmth, compassion and disarming candor of her No. 1 New York Times bestsellers, SIMPLE ABUNDANCE: A DAYBOOK OF COMFORT AND JOY and SOMETHING MORE (both published by Warner Books) have made her a trusted voice to millions of women.

First published in November 1995 with little fanfare, SIMPLE ABUNDANCE-a daily inspirational guide written for people who wish to live by their own lights - soon found its audience through word-of-mouth raves including Oprah Winfrey's, who named it "her favorite book" of 1996 and called it "life-changing."

SIMPLE ABUNDANCE has been back to press 44 times, and has sold nearly 4 million copies in the United States alone. It has been on the New York Times bestseller list for over two years, topping the list at No. 1 for a year. It was named one of the top ten best selling books in the United States for the last five years (1994-1999) according to USA Today.

In October 1998 Sarah's book SOMETHING MORE: EXCAVATING YOUR AUTHENTIC SELF debuted at No. 1 on the bestseller lists of the *New York Times, USA Today, The Wall Street Journal* and *Publisher's Weekly* and within six months had sold a million copies. Her SIMPLE ABUNDANCE JOURNAL OF GRATITUDE (published by Warner Books) has also sold over a million copies. Warner Books added to the SIMPLE ABUNDANCE experience with THE ILLUSTRATED DISCOVERY JOURNAL: CREATING A VISUAL AUTOBIOGRAPHY OF YOUR AUTHENTIC SELF and THE SIMPLE ABUNDANCE COMPANION.

SIMPLE ABUNDANCE has been highly praised from different corners of American culture. Thomas Moore, the best selling author of *Care of the Soul*called it "a book of real wisdom--a satisfying blend of the sassy and the profound." The book's phenomenal success has been parodied in the nationally syndicated comic strip "Cathy" and featured twice as a question on the hit television quiz show "Jeopardy."

According to Deepak Chopra, writing in George magazine (September 1998) which named Sarah Ban Breathnach as one of America's twenty most fascinating women of power and influence, "she's a one-woman women's movement--just the subversively cosmic voice society needs" to help the country "re-evaluate our values." Because its editors felt that Sarah had her finger on the pulse of the American people, in September 1997 she was commissioned by People magazine to cover the funeral of Princess Diana. As a contributing editor of Good Housekeeping she writes a regular column on "everyday spirituality," the first such feature in a mainstream American woman's publication.

Sarah Ban Breathnach is also the President and CEO of Simple Abundance, Inc., a consultancy firm specializing in publishing and multimedia projects which give creative expression to the timeless Simple Abundance principles and the concept of personal authenticity. Recently her company entered into a ground-breaking joint venture with Scribner to create The Simple Abundance Press. This new publishing imprint will include both original books by Sarah Ban Breathnach as well as books of "Substance, Style and Spirit" by other writers. The Press's mission is to help readers explore innovative and inspirational ways of enriching their lives.

In early 2000, her magazine Sarah Ban Breathnach's Simple Abundance debuted on her website simpleabundance.com prior to a print version later next year.

She is the founder of the Simple Abundance Charitable Fund, a non-profit bridge group between charitable causes and the public dedicated to increasing awareness that "doing good" and "living the good life" are soul mates. In acknowledging Sarah's contributions to rethinking the role of philanthropy, The American Benefactor noted that while "it's not necessary to reconcile your public persona with your personal life these days, it's refreshing when someone does, like Sarah Ban Breathnach?" Since 1995, the SACF has supported the vision of over 100 non-profit organizations by awarding over $1 million in financial support. The Simple Abundance Charitable Fund is underwritten with proceeds from Sarah's speaking engagements, royalties and product sales.

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Publication Date: September 19, 2012
Hardcover: 351 pages
Publisher: Warner Books
ISBN-10: 0742906647
ISBN-13: 9780742906648