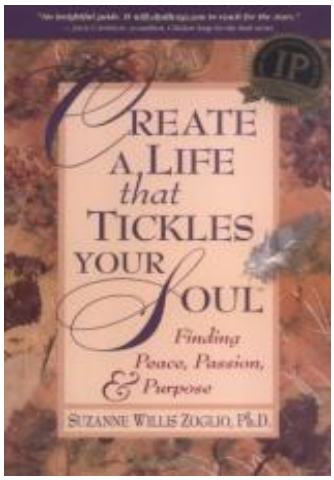
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Create A Life That Tickles Your Soul

by Suzanne Zoglio, Ph.D.



About the Book

Create A Life That Tickles Your Soul is a book about living from the inside out, taking charge, and making choices that support a lifestyle that is meaningful to you. Written for anyone who wants more balance, more passion, more meaning, **Create A Life That Tickles Your Soul** was recently named "Outstanding Book of The Year" and "Most Life-Changing" in the Independent Publisher Book Awards 2000.

Discussion Guide

1. How would you describe your response to being physically tickled? Stimulated... alert... enlivened... engaged... vulnerable... exhausted... satisfied... other? Do you see any parallels between being physically tickled and living a life you love?

2. This book has been described as "an interesting blend of the mystical and practical." What are some examples of the spiritual/mystical theme running through the book? Which ideas or activities presented did you find rather practical?

3. Zoglio suggests that five elements critical to satisfaction in life are authenticity, self-mastery, relationships, growth, and meaning. From your own personal experience, which of these elements do you think we need most at age 30? 40? 50? 60+? What drives our need for greater levels of one element or another at various adult development stages?

4. The quotation at the beginning of Chapter One reads: "A great life is born in the soul, grown in the mind, and lived from the heart." What does "born in the soul" mean to you? How is each of the five elements mentioned above affected by what "grows in your mind?" When the author refers to "living from the heart," what do you think she means?

5. In the beginning of Chapter Two, the author reviews various life patterns that can sabotage a person's quest for happiness. Take a few moments individually to jot down a life pattern or self-sabotaging behavior that you have

observed either in yourself or someone else. What helped to modify the behavior?

6. Zoglio writes that we can "lighten up by letting go," by forgiving ourselves or others, by releasing old expectations, by completing things that are on our to-do list. Describe a situation when you experienced a surge in energy by forgiving, relinquishing expectations, or completing something. Why do you think these releases have the potential to energize us?

7. In Chapter Three, the author introduces several techniques for maintaining a positive attitude: affirmations, visualization, reframing, solution sleuthing (turning complaints into questions), going to the balcony, feeding your esteem, meditation or prayer. Which, if any, have you successfully applied and how have you "customized" them for yourself? What other tips can you share for maintaining a positive attitude?

8. Zoglio uses a dance analogy in discussing how some people allow themselves to be lifted by the beauty and delights in life while others resist. What you "allow" it, what lifts your spirit, makes you feel loved, and gets your creative juices flowing? What sometimes gets in the way of you enjoying all that is available to you?

9. To love others - it is often said - one must first love oneself. In Chapter Five Zoglio adds, "Then you will seek deep connections instead of attention and intimacy instead of activity." What behaviors signal to you that someone is looking for a connection rather than just attention, and what behaviors signal a search for intimacy vs. activity?

10. "Beyond familiarÉjust past fear... that's where life expands." So begins Chapter Six, which discusses the Swahili word "utoto" and the principle in Physics referred to as "entropy." The message here is clearly the importance of viewing oneself as a "work in progress," but learning, risking, and changing all involve facing fears. Consider the differences between these two types of fear: fear of what we might lose if we take a risk and fear of what we might miss if we don't take a risk. How might your stage of life influence what you fear, and how might what you fear influence your stage of life?

11. When the author refers to "what satisfied people say makes them bounce out of bed each morning," she's referring to having a purposeÉusing what you have been given to make a difference in the lives of others. Who are some of the happiest people you know, and are they applying unique gifts? Do you know an unhappy person who is gifted, but not applying his or her unique gifts? What do you think about the idea of giving away what you most need?

12. In the Epilogue of *Create A Life That Tickles Your Soul*, the author prepares us for four different paths we are likely to travel before making the changes that make life more meaningful: *denial (no need for change), awareness (acknowledge you want something more, exploration (trial and error), doubt (a lack of belief that you can cope)* Can you remember a change that took you down all four paths? How did you feel during each stage?

13. Which of the strategies/tips outlined in the book will you use when you face change in the future? How has your attitude about change and its relationship to life satisfaction been affected by reading this book? In what ways has Create A Life That Tickles Your Soul left you more comfortable with seeing your self as a "work in progress" and your life as an ever-expanding adventure?

Author Bio

Dr. Sue is a keynote speaker, organizational change consultant, and author of three books: **Create A Life That Tickles Your Soul**, named "Outstanding Book of the Year" & "Most Life-Changing" in the Independent Publisher Book Awards 2000

Teams At Work: 7 Keys to Success, adopted by many corporations (Zurich-America, The Hartford Group, American Electric Power as their team building "playbook"

The Participative Leader, part of McGraw Hill's successful *Business Skills* Series.

Suzanne's work has appeared in numerous publications in the US, Europe, Canada, and Singapore, as well as on several Internet websites. Her specialties are articles related to personal and organizational development, including self-awareness, self-mastery, interpersonal effectiveness, creative problem solving, risk-taking, continuous growth, and purposeful living. Yahoo Business.com recently published "Forget the Resolutions-Have More Fun in 2001" and Soulful Living.com published "Success From the Inside Out." *Marie Claire* (Italy), *Chatelaine* (Canada), *First for Women* (US) have all recently published material from **Create A Life That Tickles Your Soul.**

Dr. Sue has appeared on the radio or Television in over 25 states including Hawaii, and regularly delivers Keynote Speeches at National Conferences.

In addition to her speaking and writing accomplishments, Suzanne attended college on a dance scholarship, taught high school English, worked as a counselor for seven years, and has run a management consulting practice since 1981. She earned a B.A. in English, a Masters in Counseling, and a Ph.D. in Organizational Psychology

A dedicated community volunteer who has served on many non-profit Boards of Directors, Suzanne received a Humanitarian Lifetime Achievement Award in 1997. She recently founded a Speaker's Bureau that benefits Habitat for Humanity. She resides in Bucks County, PA with her business-broker husband, Mike and cocker spaniel, Sasha.

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