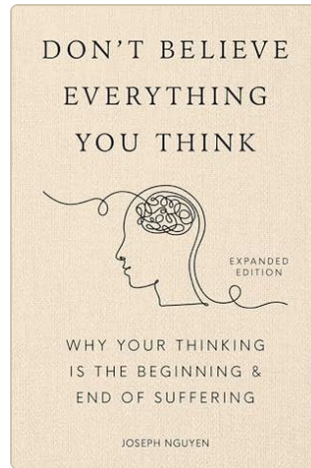


BOOK CLUB NIGHT KIT



Don't Believe Everything You Think, Expanded Edition

Joseph Nguyen

☾ COZY NIGHT

A short, gentle nonfiction book about loosening the grip of overthinking. It's a good fit for a cozy evening where friends share what quiets their busy minds.

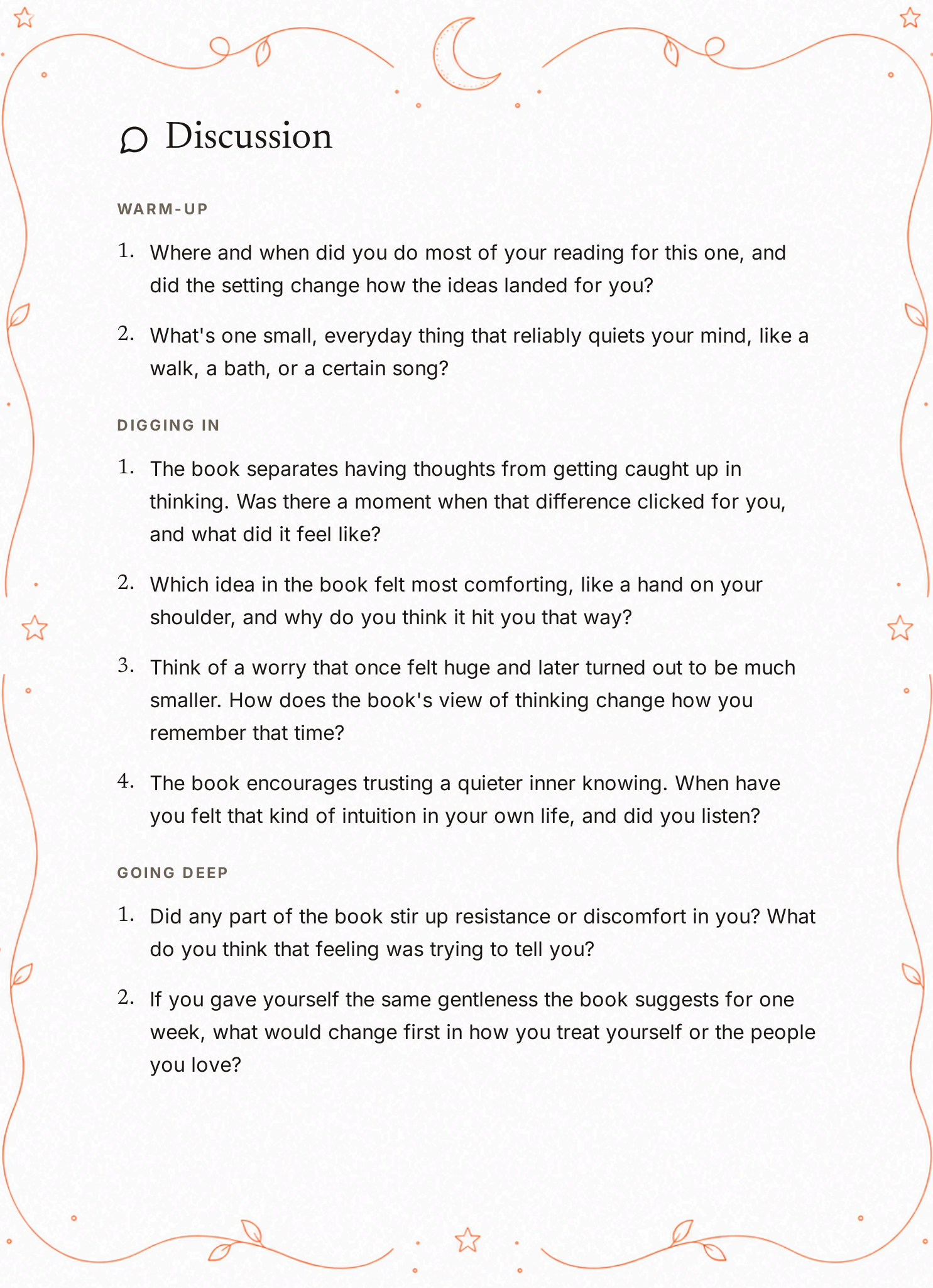
Come Rest Your Busy Mind

Join us for soup, warm mugs, and gentle conversation about Don't Believe Everything You Think. Wear your comfiest socks and leave your worries at the door.

Reading level: Easy

Best for: Clubs that like heartfelt, personal conversation over a warm mug more than literary debate





Discussion

WARM-UP

1. Where and when did you do most of your reading for this one, and did the setting change how the ideas landed for you?
2. What's one small, everyday thing that reliably quiets your mind, like a walk, a bath, or a certain song?

DIGGING IN

1. The book separates having thoughts from getting caught up in thinking. Was there a moment when that difference clicked for you, and what did it feel like?
2. Which idea in the book felt most comforting, like a hand on your shoulder, and why do you think it hit you that way?
3. Think of a worry that once felt huge and later turned out to be much smaller. How does the book's view of thinking change how you remember that time?
4. The book encourages trusting a quieter inner knowing. When have you felt that kind of intuition in your own life, and did you listen?

GOING DEEP

1. Did any part of the book stir up resistance or discomfort in you? What do you think that feeling was trying to tell you?
2. If you gave yourself the same gentleness the book suggests for one week, what would change first in how you treat yourself or the people you love?

On the table & to sip

TO EAT

Slow-simmered butternut squash soup with crusty bread

Simple, warming, and unfussy. It fits the book's message that peace comes from simplicity, and people can ladle it at their own pace.

Baked brie with honey, walnuts, and sliced apples

A slightly indulgent, pull-apart centerpiece that keeps everyone gathered around one table and in the moment.

Warm brown butter oatmeal cookies

Homey and nurturing, and good for a slow, present bite. The smell alone helps busy minds settle.

TO SIP

Honey chamomile and lavender tea (no alcohol)

A calming, caffeine-free brew that suits the book's invitation to let the mind rest.

Spiced mulled apple cider (no alcohol)

Simmered on the stove so the house smells like a hug. It's easy to keep warm all night.

Spiked hot cocoa with a splash of Irish cream

An indulgent, cozy nightcap for guests who want one, served with a pile of whipped cream.



Run of show

7:00

Arrive and Unwind

Warm drinks as people come in, playlist on low, blankets on the couch. No agenda yet.

7:15

Soup and Settle

Serve the soup and bread. Chat casually and let people arrive in their bodies.

7:40

Two-Minute Quiet

Optional short pause, lights dimmed, just breathing. It's a gentle nod to the book, so skip it if the group isn't into it.

7:45

Warm-Up and Theme Questions

Pass question cards around the circle. Anyone can pass or just listen.

8:30

Cookies, Cocoa, and Deeper Talk

Bring out dessert and the spiked cocoa, then open the deep questions for anyone who wants to go there.

9:00

Trivia, Scorecards, and Goodbyes

Relaxed trivia just for fun, fill in scorecards, and send everyone home with a bookmark.

HOST TIPS

- Say at the start that passing is always okay. The book touches on personal struggles, and people should feel safe sharing only what they want to.
- Keep the soup and cider warm on the stove so you can join the conversation instead of hosting from the kitchen.
- If a conversation turns heavy, steer it back gently to what brought comfort, not to fixing anyone's problems.



🎵 Playlist

Soft, unhurried acoustic and ambient songs that sound like exhaling on a rainy evening

- 01 Weightless - Marconi Union

- 02 Holocene - Bon Iver

- 03 Clair de Lune - Claude Debussy

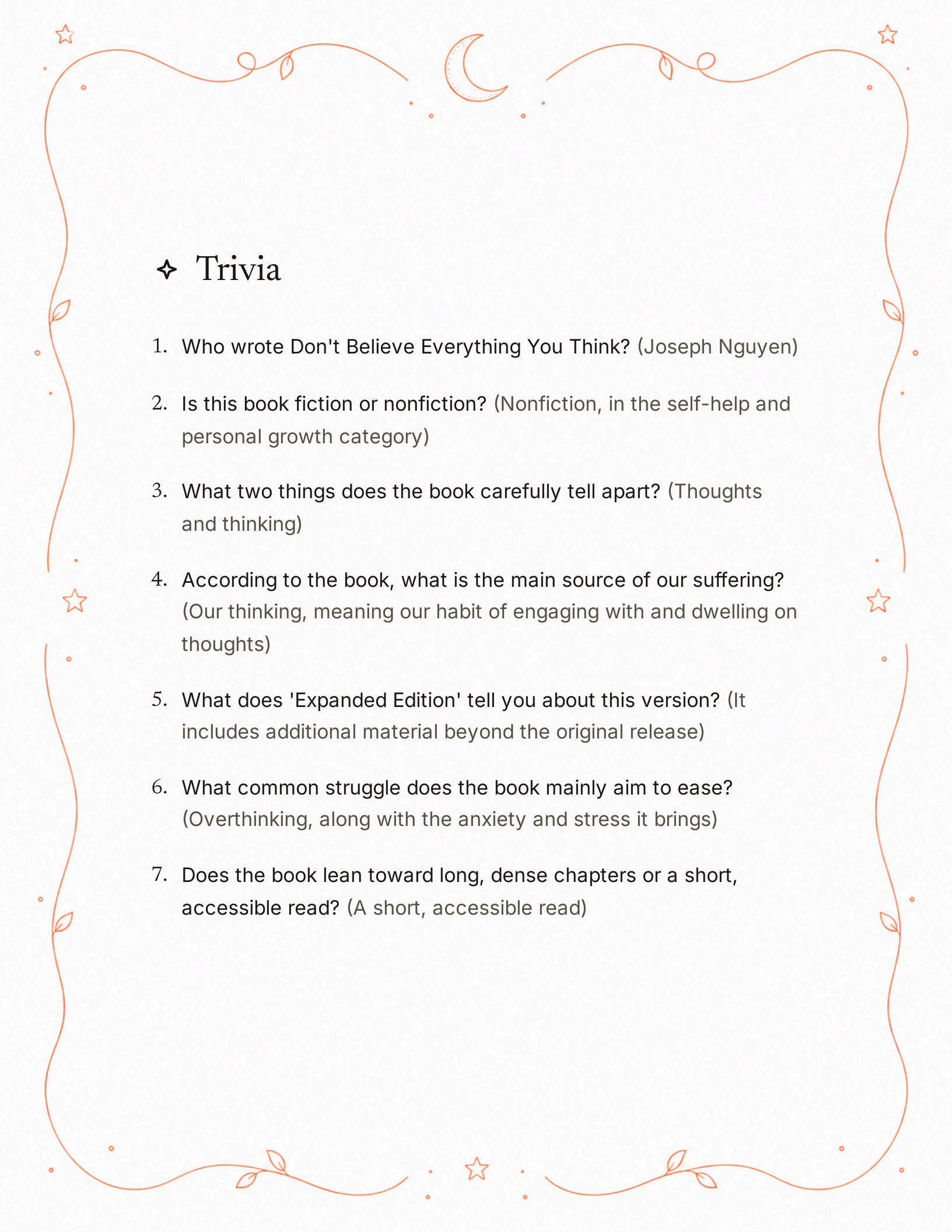
- 04 Banana Pancakes - Jack Johnson

- 05 Put Your Records On - Corinne Bailey Rae

- 06 River - Leon Bridges

- 07 Here Comes the Sun - The Beatles

- 08 Three Little Birds - Bob Marley & The Wailers



✧ Trivia

1. Who wrote Don't Believe Everything You Think? (Joseph Nguyen)
2. Is this book fiction or nonfiction? (Nonfiction, in the self-help and personal growth category)
3. What two things does the book carefully tell apart? (Thoughts and thinking)
4. According to the book, what is the main source of our suffering? (Our thinking, meaning our habit of engaging with and dwelling on thoughts)
5. What does 'Expanded Edition' tell you about this version? (It includes additional material beyond the original release)
6. What common struggle does the book mainly aim to ease? (Overthinking, along with the anxiety and stress it brings)
7. Does the book lean toward long, dense chapters or a short, accessible read? (A short, accessible read)

□ Bookmarks

Print, cut, and tuck one at every seat, a small keepsake from the night.



☆ Rate the book

Comfort Level ☆ ☆ ☆ ☆ ☆

Aha Moments ☆ ☆ ☆ ☆ ☆

Easy to Read ☆ ☆ ☆ ☆ ☆

Stayed With Me ☆ ☆ ☆ ☆ ☆

Would Gift It to a Friend ☆ ☆ ☆ ☆ ☆

One word for how this book made me feel: _____

A worry I'm ready to set down: _____

The friend I'd pass this book to, and why: _____

THAT'S A WRAP

Thank you for coming

We hope the company was good and the conversation even better. Until the next chapter.



Plan your own book club night

Scan the code or visit **bookclubnight.com**

Book Club Night