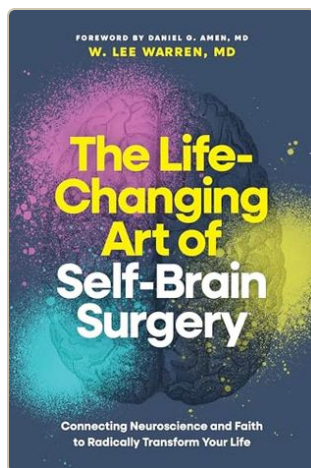


BOOK CLUB NIGHT KIT



The Life Changing Art Of Self Brain Surgery

W. Lee Warren

☾ COZY NIGHT

A neurosurgeon who has faced his own deep grief offers a hopeful, faith-filled guide to changing the thoughts that keep us stuck. It's an easy book to talk about gently, over tea and blankets.

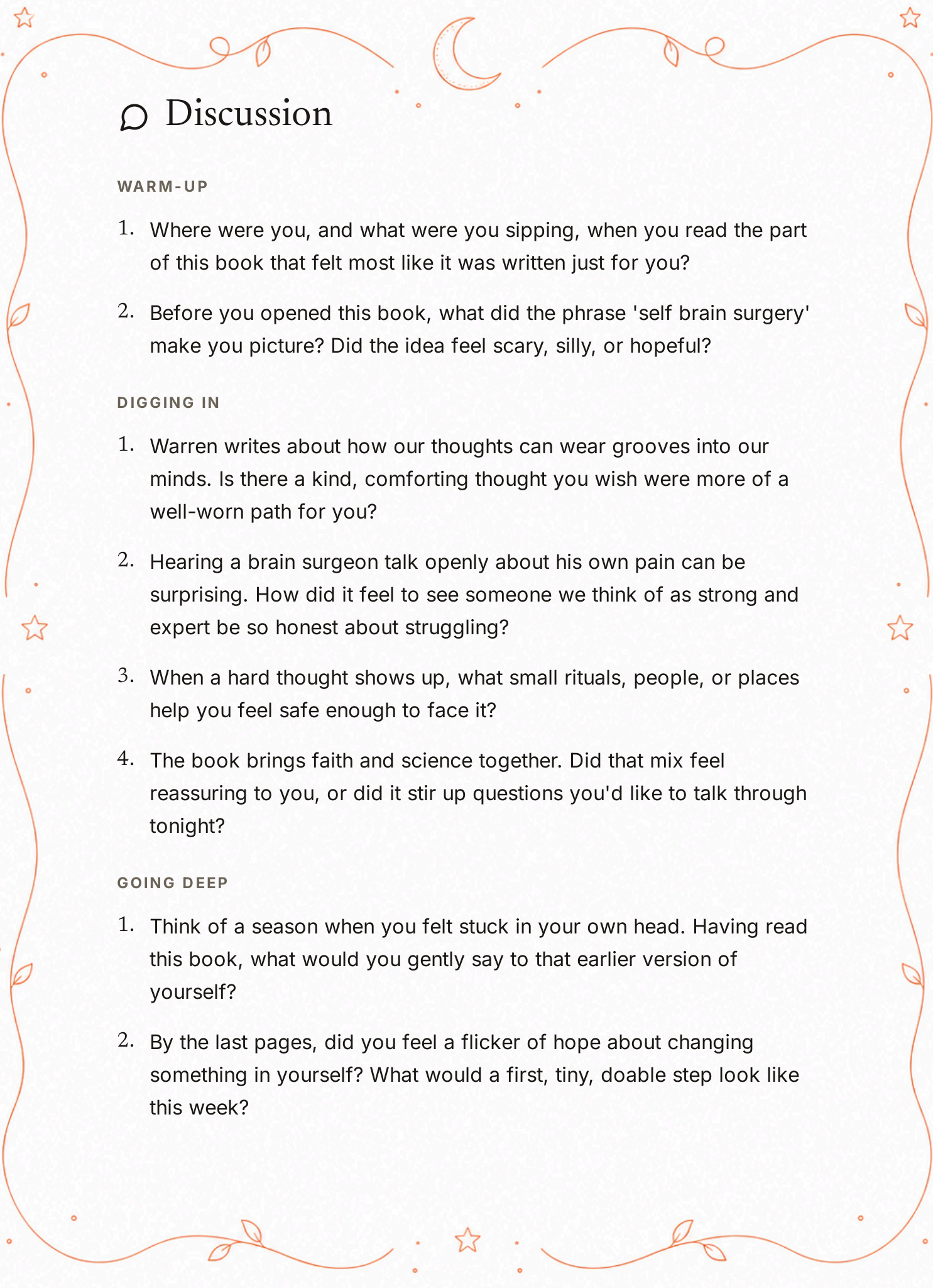
Soup, Blankets, and a Little Brain Surgery

Come cozy up for a gentle evening talking about The Life Changing Art Of Self Brain Surgery by W. Lee Warren. Bring your comfiest socks, and we'll have warm mugs and good conversation waiting.

Reading level: Easy

Best for: Warm, trusting groups (faith-based clubs, longtime friends, or anyone who's had a hard season) who like conversations that feel like a hug





Discussion

WARM-UP

1. Where were you, and what were you sipping, when you read the part of this book that felt most like it was written just for you?
2. Before you opened this book, what did the phrase 'self brain surgery' make you picture? Did the idea feel scary, silly, or hopeful?

DIGGING IN

1. Warren writes about how our thoughts can wear grooves into our minds. Is there a kind, comforting thought you wish were more of a well-worn path for you?
2. Hearing a brain surgeon talk openly about his own pain can be surprising. How did it feel to see someone we think of as strong and expert be so honest about struggling?
3. When a hard thought shows up, what small rituals, people, or places help you feel safe enough to face it?
4. The book brings faith and science together. Did that mix feel reassuring to you, or did it stir up questions you'd like to talk through tonight?

GOING DEEP

1. Think of a season when you felt stuck in your own head. Having read this book, what would you gently say to that earlier version of yourself?
2. By the last pages, did you feel a flicker of hope about changing something in yourself? What would a first, tiny, doable step look like this week?

🍷 On the table & to sip

TO EAT

🍲 Chicken and Wild Rice Soup

A slow-simmered bowl that feels like being cared for, a nod to the book's themes of healing and recovery. It's easy to make ahead and keep warm on the stove.

🍲 Maple Walnut Baked Oatmeal

Walnuts, the classic 'brain food' that even looks like a tiny brain, baked into a warm, sticky, spoonable dish. Serve with a pour of cream.

🍷 Dark Chocolate Blueberry Crumble

Brain-friendly blueberries and dark chocolate under a buttery oat topping. A little indulgence as a reminder that renewal can be sweet.

TO SIP

🍷 Golden Turmeric Honey Milk (no alcohol)

A soothing, caffeine-free mug of warm milk with turmeric, cinnamon, and honey, made for quiet, calming conversation.

🍷 Chamomile Lavender Tea Bar (no alcohol)

A small tray of calming herbal teas with honey and lemon so guests can make whatever settles their mind.

🍷 Maple Bourbon Hot Cider

Warm spiced apple cider with a splash of bourbon and maple, cozy and grown-up. Keep a pot of plain cider next to it for anyone skipping alcohol.



Run of show

7:00

Warm Welcome

Greet guests with a warm mug and point them to the tea bar and the blanket basket. Keep the lighting soft and the music low.

7:15

Soup and Settling In

Serve the soup buffet-style and let people chat freely. No book talk yet, just catching up.

7:40

Warm-Up Circle

Ask the two warm-up questions. Invite short answers and remind everyone it's fine to pass.

8:00

Heart of the Conversation

Go through the theme questions at an easy pace. Let tangents about real life happen, since that's the point of this book.

8:30

Crumble and Deeper Sharing

Bring out the warm crumble and move into the deep questions. Refill mugs and keep the tone tender.

8:50

Gentle Close

Pass out bookmarks and scorecards. Invite each person to share one kind thought they'll carry home, then play a trivia round if energy is still high.

HOST TIPS

- This book can bring up grief or hard seasons, so say early on that passing is always okay and nobody has to share more than they want to
- Keep a small stack of index cards out so quieter guests can write down a thought instead of saying it aloud
- Make the food ahead (the soup and crumble both reheat well) so you can stay on the couch and in the conversation



🎵 Playlist

Soft, hopeful, and restorative, like deep breaths by a fireplace

01 Weightless - Marconi Union

02 Holocene - Bon Iver

03 Be Still - The Killers

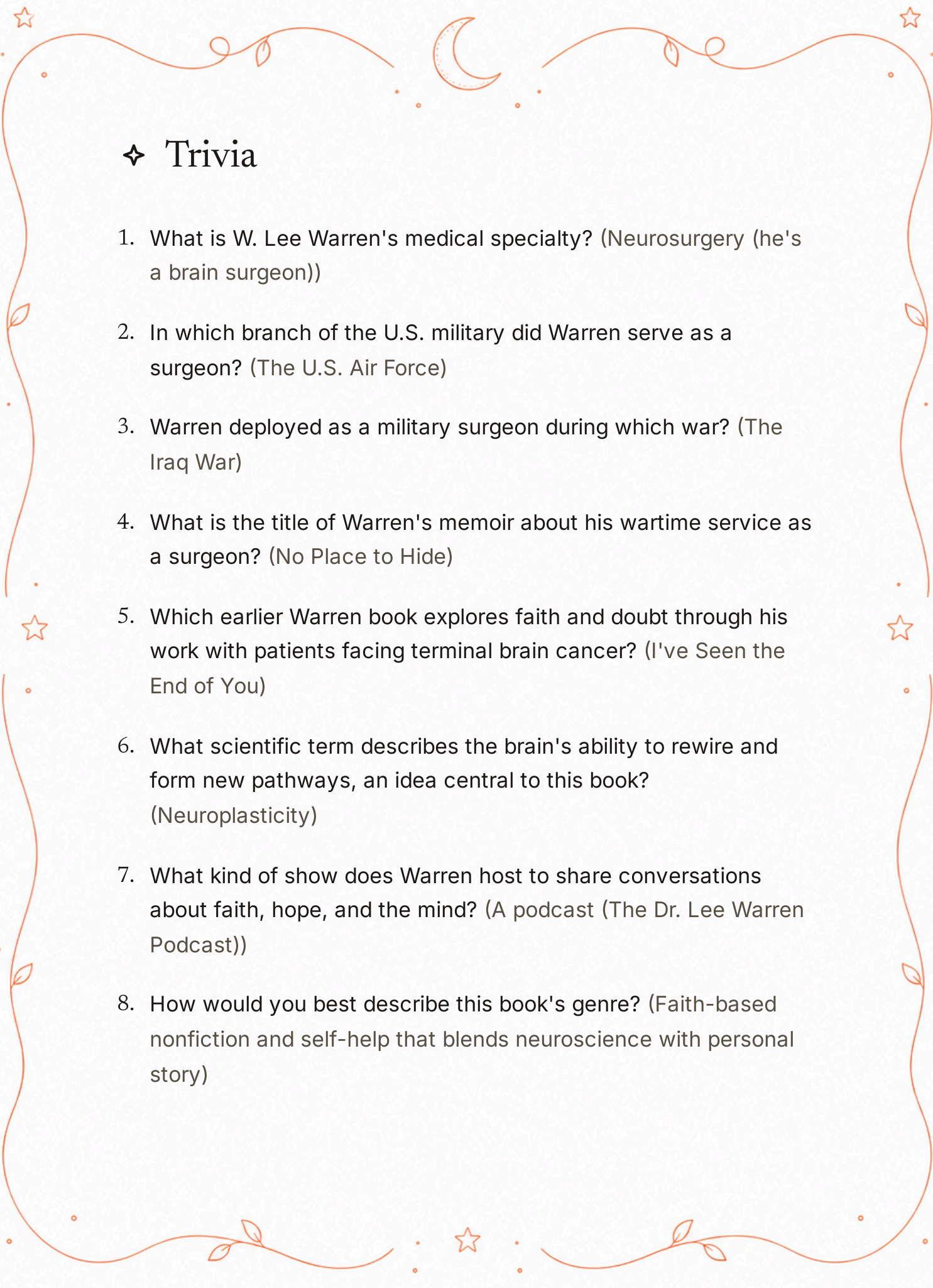
04 Fix You - Coldplay

05 Oceans (Where Feet May Fail) - Hillsong United

06 Keep Breathing - Ingrid Michaelson

07 Rise Up - Andra Day

08 Here Comes the Sun - The Beatles



✧ Trivia

1. What is W. Lee Warren's medical specialty? (Neurosurgery (he's a brain surgeon))
2. In which branch of the U.S. military did Warren serve as a surgeon? (The U.S. Air Force)
3. Warren deployed as a military surgeon during which war? (The Iraq War)
4. What is the title of Warren's memoir about his wartime service as a surgeon? (No Place to Hide)
5. Which earlier Warren book explores faith and doubt through his work with patients facing terminal brain cancer? (I've Seen the End of You)
6. What scientific term describes the brain's ability to rewire and form new pathways, an idea central to this book? (Neuroplasticity)
7. What kind of show does Warren host to share conversations about faith, hope, and the mind? (A podcast (The Dr. Lee Warren Podcast))
8. How would you best describe this book's genre? (Faith-based nonfiction and self-help that blends neuroscience with personal story)

□ Bookmarks

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



☆ Rate the book

Comfort Level

☆ ☆ ☆ ☆ ☆

Hope Factor

☆ ☆ ☆ ☆ ☆

Heart-Tug Moments

☆ ☆ ☆ ☆ ☆

Takeaway I'll Actually Try

☆ ☆ ☆ ☆ ☆

Reread-by-the-Fire Appeal

☆ ☆ ☆ ☆ ☆

One kind thought I'm taking home: _____

This book felt like a warm cup of... _____

A moment that made me pause and breathe: _____

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