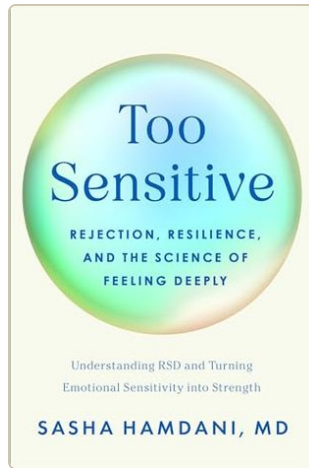


BOOK CLUB NIGHT KIT



Too Sensitive

Sasha Hamdani

🌙 COZY NIGHT

Too Sensitive, by psychiatrist Sasha Hamdani, looks at big feelings and the people who have been told they have too many. It's a gentle, validating pick for a night of honest talk under a blanket.

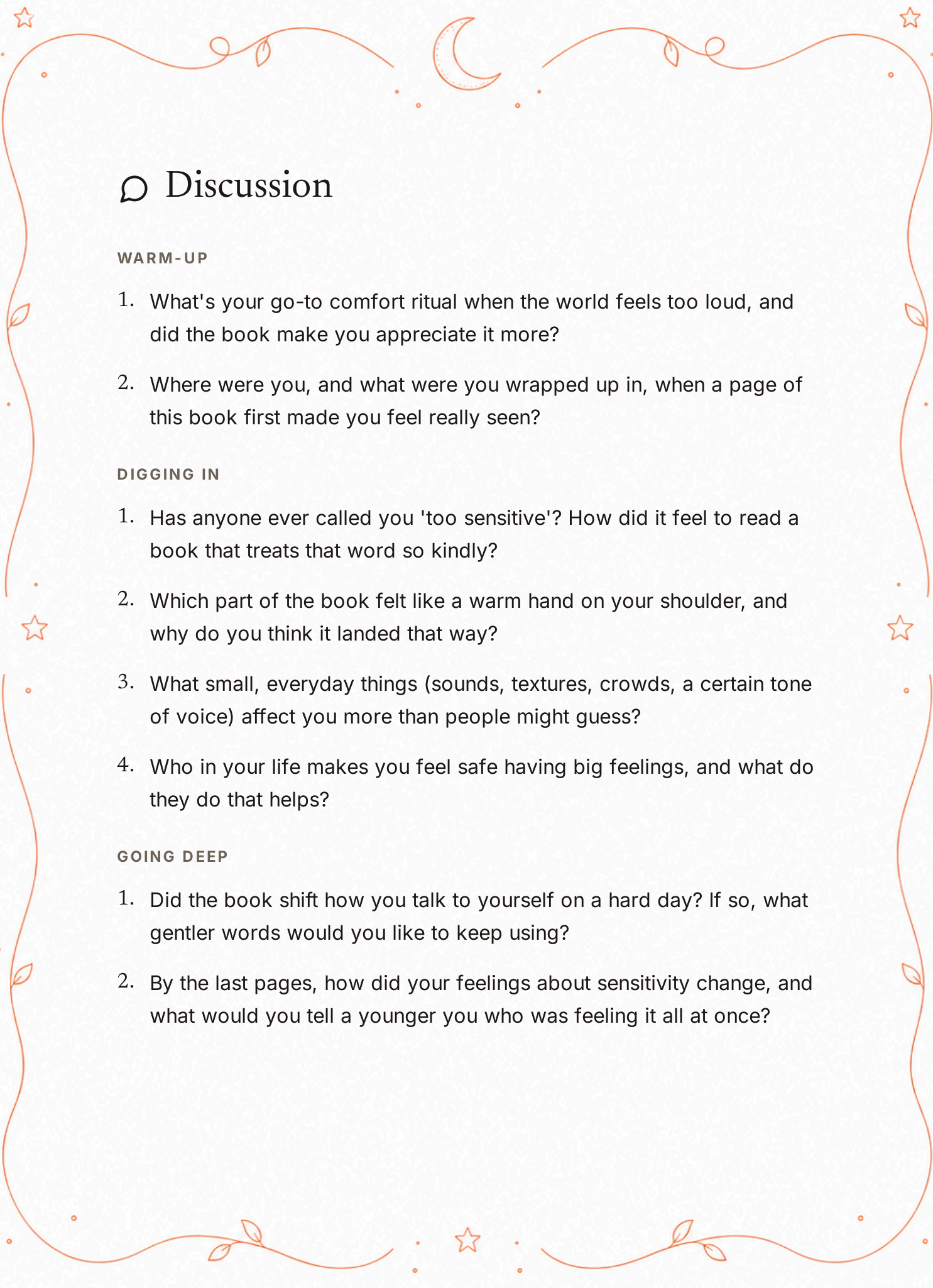
Come As You Are, Feelings and All

Join us for a slow, cozy evening of Too Sensitive, warm soup, and soft conversation. Bring your comfiest sweater and your whole heart.

Reading level: Easy

Best for: Clubs that love heart-to-heart talks, soft lighting, and a safe space to feel things out loud





Discussion

WARM-UP

1. What's your go-to comfort ritual when the world feels too loud, and did the book make you appreciate it more?
2. Where were you, and what were you wrapped up in, when a page of this book first made you feel really seen?

DIGGING IN

1. Has anyone ever called you 'too sensitive'? How did it feel to read a book that treats that word so kindly?
2. Which part of the book felt like a warm hand on your shoulder, and why do you think it landed that way?
3. What small, everyday things (sounds, textures, crowds, a certain tone of voice) affect you more than people might guess?
4. Who in your life makes you feel safe having big feelings, and what do they do that helps?

GOING DEEP

1. Did the book shift how you talk to yourself on a hard day? If so, what gentler words would you like to keep using?
2. By the last pages, how did your feelings about sensitivity change, and what would you tell a younger you who was feeling it all at once?

On the table & to sip

TO EAT

Baked Mac and Cheese with a Crispy Crumb Top

The ultimate soothing dish, soft and familiar, like a hug for anyone who has had a big-feelings kind of week

Slow-Cooker Chicken and Wild Rice Soup

Mild, nourishing, and easy on the senses, a nod to the book's message that caring for yourself counts

Warm Brown Butter Chocolate Chip Cookies

A little indulgent, baked just before guests arrive so the house smells like safety and welcome

TO SIP

Honey Chamomile Lavender Tea (no alcohol)

A calming, caffeine-free brew for settling a busy mind and tender nerves

Salted Caramel Hot Chocolate with Whipped Cream (no alcohol)

Rich and comforting, a mug to hold with both hands while sharing something personal

Spiked Apple Cider with Cinnamon and Bourbon

A warm, gently spiced sipper for guests who want a little glow with their conversation



Run of show

7:00

Soft Arrival

Greet guests with warm mugs, low lamps, and the playlist at a gentle volume. Point out the blankets and quiet corners.

7:15

Comfort Plates

Serve soup and mac and cheese buffet-style so everyone can eat at their own pace and settle in.

7:40

Warm-Up Circle

Go around with the two warm-up questions. Anyone can pass, no explanation needed.

8:00

Heart-to-Heart

Move through the theme questions slowly. Leave room for pauses and let stories wander.

8:40

Cookie Break and Trivia

Bring out warm cookies and cocoa, then play low-stakes trivia in pairs just for fun.

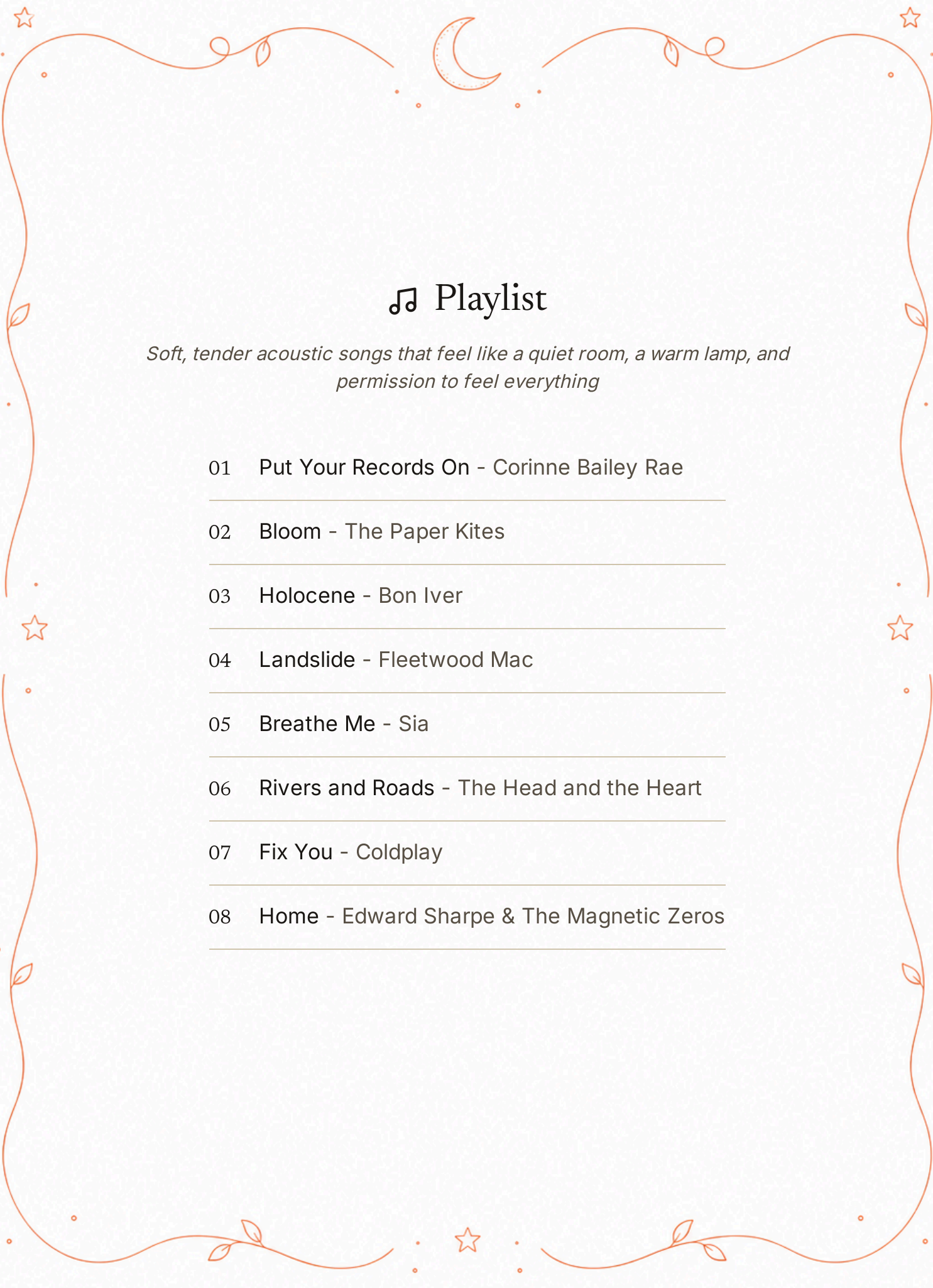
9:00

Gentle Close

Share the deep questions, fill in scorecards, and let each guest take home a bookmark.

HOST TIPS

- Say at the start that passing on any question is always okay, so sensitive guests can relax
- Keep lighting soft, music low, and scents mild, since a sensory-gentle room fits this book perfectly
- Set out a basket of cozy socks or small throws so everyone can get physically comfortable



♪ Playlist

Soft, tender acoustic songs that feel like a quiet room, a warm lamp, and permission to feel everything

01 Put Your Records On - Corinne Bailey Rae

02 Bloom - The Paper Kites

03 Holocene - Bon Iver

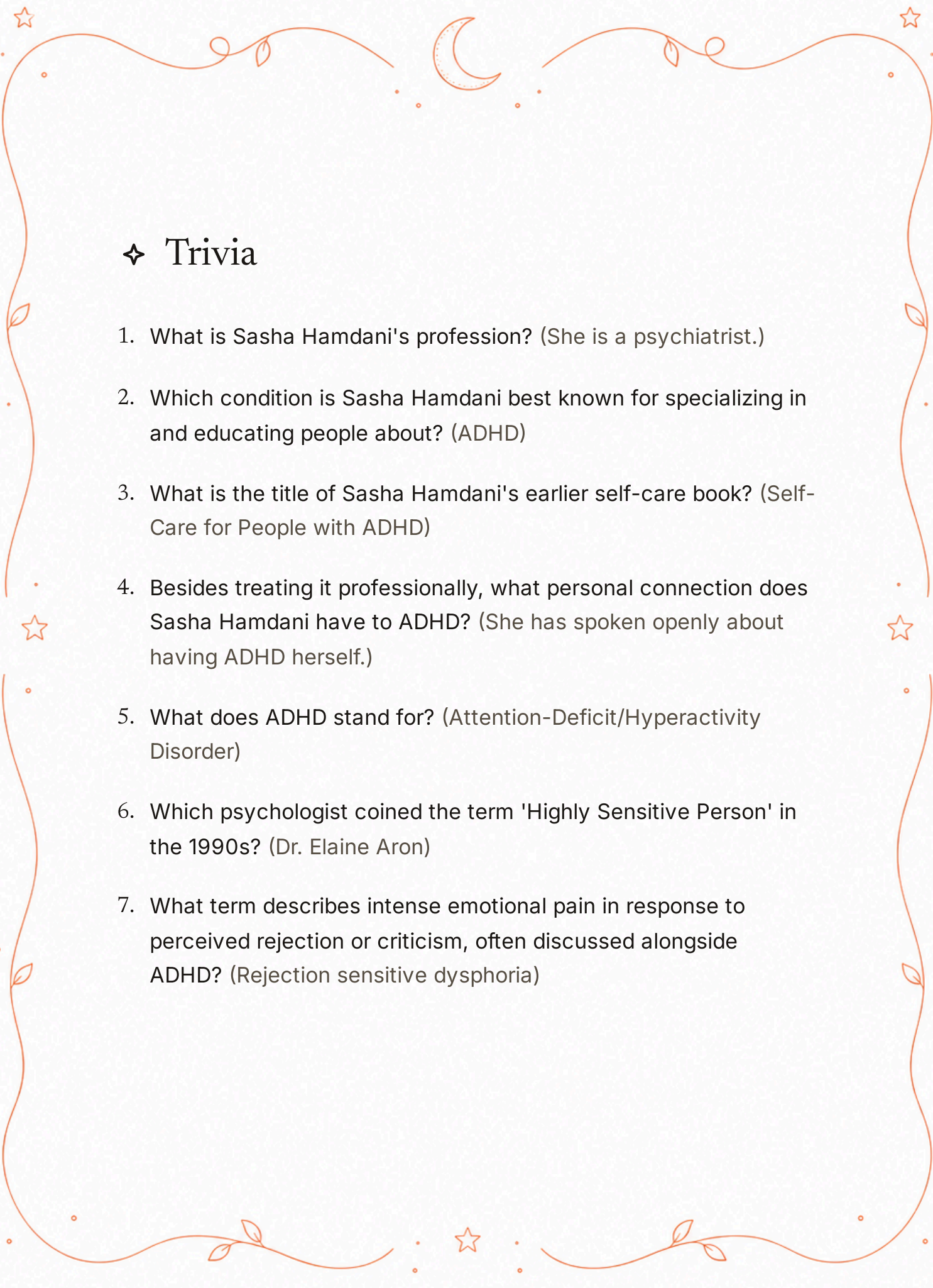
04 Landslide - Fleetwood Mac

05 Breathe Me - Sia

06 Rivers and Roads - The Head and the Heart

07 Fix You - Coldplay

08 Home - Edward Sharpe & The Magnetic Zeros



✧ Trivia

1. What is Sasha Hamdani's profession? (She is a psychiatrist.)
2. Which condition is Sasha Hamdani best known for specializing in and educating people about? (ADHD)
3. What is the title of Sasha Hamdani's earlier self-care book? (Self-Care for People with ADHD)
4. Besides treating it professionally, what personal connection does Sasha Hamdani have to ADHD? (She has spoken openly about having ADHD herself.)
5. What does ADHD stand for? (Attention-Deficit/Hyperactivity Disorder)
6. Which psychologist coined the term 'Highly Sensitive Person' in the 1990s? (Dr. Elaine Aron)
7. What term describes intense emotional pain in response to perceived rejection or criticism, often discussed alongside ADHD? (Rejection sensitive dysphoria)

📖 Bookmarks

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



☆ Rate the book

Felt Seen

☆ ☆ ☆ ☆ ☆

Comfort Factor

☆ ☆ ☆ ☆ ☆

Gentle Wisdom

☆ ☆ ☆ ☆ ☆

Would Gift to a Friend

☆ ☆ ☆ ☆ ☆

Cozy Reread Potential

☆ ☆ ☆ ☆ ☆

One word for how this book made me feel: _____

A kind thing I'll say to myself this week: _____

I'd share this book with someone who needs: _____

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