



Pushing the Limits of Change Suggested Reading and Discussion Questions

When devastating developments force us into a corner, we have to choose. Will we give up or push back? If we expand our thinking - and imagine a new reality for ourselves - we might just find a way to thrive in that new space.

When Breath Becomes Air

Paul Kalanithi, Nonfiction. At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. *When Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both. - *amazon.com*

- How did you come away feeling, after reading this book? Upset? Inspired? Anxious? Less afraid?
- Paul was determined to face death with integrity, and through his book, demystify it for people. Do you think he succeeded?
- How do you think the years Paul spent, tending to patients and training to be a neurosurgeon, affected the outlook he had on his own illness? Did knowing more about the medical implications and technologies make it easier for him to go through the changes he was facing?
- What did you think of Paul and Lucy's decision to have a child, in the face of his illness?

