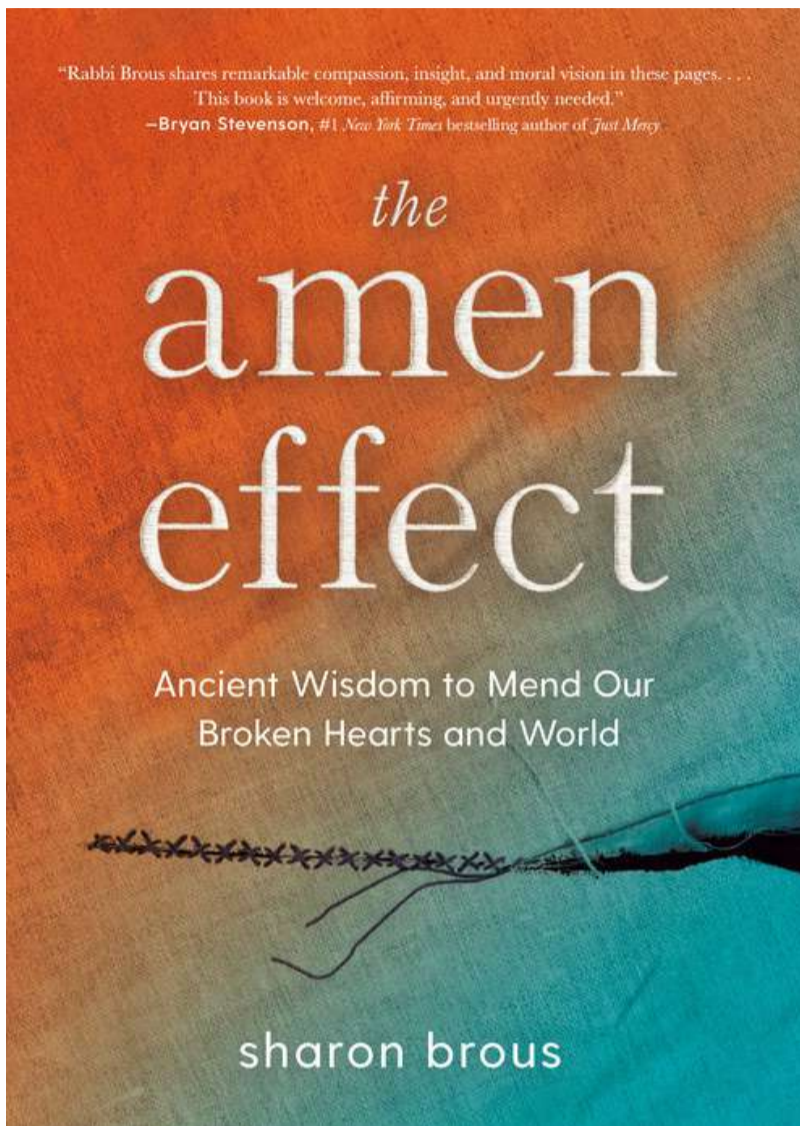


Swell Book Club Tap & Talk



**FEATURING 21
TAP & TALK
PROMPTS BY THE
AUTHOR!**



Listen on swellcast.com

Click to see the prompts in action and find fellow readers discussing the book

Shalom!

Thank you for reading and joining the conversation around my new book: **The Amen Effect**.

Human beings need connection. So let's connect!

Sharon Brous
@rabbibrous



How it Works

Swell is a free audio storytelling platform. The **Tap & Talk** prompts provided below make it easy for you to join the book discussion on Swell.

1. Get the App




Click the buttons above to download the Swell app. Set up your profile in the app.

2. Tap & Talk

Each page below has a different prompt. Tap the prompt to open the recorder in the Swell app. Record and post. Use as many prompts as you like.

3. Share your Swellcast

Use the Share  button in the Swell app to share a link with your friends, family or on social media. Anyone can listen on the web without downloading the app.

Happy Swellcasting!

1

#TheAmenEffect

Seeing Each Other

Think of a moment of great challenge or celebration in your life. Who was by your side? What did their presence mean to you?



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2

#TheAmenEffect

Showing Up

Ancient ritual calls us to engage one another even when we'd instinctively turn away. When have you stepped closer to another person's pain? When have you shown up? How did it make you feel?



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3

#TheAmenEffect

Retreating

Presence requires a willingness on the part of both the brokenhearted and the community to step closer to suffering. Have you ever avoided another person who is hurting, or avoided others when your own heart is broken? What kept you away?



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4

#TheAmenEffect

Sharing Joy

Have you ever experienced great joy and kept it to yourself? How does the experience change when you share your joy with another person or people?



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5

#TheAmenEffect

Leaning Into Relationship

Think about a relationship you're in that is utilitarian (both of you need something from the other), one that gives you a sense of joy and comfort, and one in which you share a higher shared purpose. What depletes you, and what nourishes your spirit?



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6

#TheAmenEffect

Understanding Loneliness

When have you experienced the pain of loneliness and social alienation? What did it feel like? What did you do about it?



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#TheAmenEffect

Honoring Spiritual and Mental Wellness

What can we do to create stigma-free environments that can hold people in their darkest moments?



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#TheAmenEffect

Belonging

When and with whom have you felt a true sense of belonging?



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9

#TheAmenEffect

Finding Holiness Everywhere

Think seriously: how do you think your day to day life might differ if you took seriously the idea that your neighbor or colleague has infinite worth?



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10

#TheAmenEffect

Being of Service

It is through service that we can connect to our purpose in the world. Describe an act of service-- big or small-- that you found surprisingly meaningful.



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11

#TheAmenEffect

Finding Your Purpose

What are you waiting for?
Seriously. What are you waiting
for?



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12

#TheAmenEffect

Holding Joy & Sorrow

Talk about a time when you experienced joy and sorrow at the same time.



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#TheAmenEffect

Fighting Burnout

Have you ever felt the symptoms of secondary trauma or caregiver burnout: exhaustion, cynicism, avoidance, irritability, addiction, helplessness? What have you done or could you do to regain your equanimity?



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14

#TheAmenEffect

Healing the Healers

This one's for the caregivers:
You're used to showing up with love and care for others. How do you metabolize the grief and pain that you hold, so it doesn't burrow deep into your tissue?



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#TheAmenEffect

Loving our Tribes

We know tribal identities can help strengthen us. Who is your tribe? How has your tribe strengthened you?



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#TheAmenEffect

Seeing Beyond Our Tribes

The danger of tribalism is that the deeper our affinity to our tribe, the harder it is to connect with those outside it. Describe a time you worked to build a bridge beyond your tribe?



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17

#TheAmenEffect

Meeting Sorrow with Sorrow

Have you ever connected with another person from within your own vulnerability or heartache? How can we be better, collectively, at meeting each other in sorrow?



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18

#TheAmenEffect

Practicing, Daily

What daily practices do you have that help you live a more meaningful life?



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#TheAmenEffect

Taking a Joy Break

Imagine you made JOY a daily spiritual practice. What would you do every day to give yourself a few minutes of pure joy?



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20

#TheAmenEffect

Holding Curiosity

Describe a difficult, uncomfortable encounter with someone who sees the world differently from you-- when you were able to get curious, rather than furious. What kept you at the table?



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21

#TheAmenEffect

Reframing the Narrative

What's the good news? Because, friends, there's always good news.



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#TheAmenEffect



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*Yes, this one is intentionally blank.
Use it to share any other thoughts
you have about the book, or provide
your overall review of the book.*

Thank You!

I hope you enjoyed these prompts. Please consider sharing this document with other readers of the book so they too can join the conversation.

Sharon Brous



Find more on swellcast.com

Find more responses to these prompts

#TheAmenEffect

Find more Swell Book Club content

#SwellBookClub

Find more from Sharon Brous

@rabbibrous