



Discussion Guide

Be the Miracle: 50 Lessons for Making the Impossible Possible

By Regina Brett

1. What is a miracle? Regina writes that miracles are what each of us do. How have you been a miracle? Who has been a miracle in your life?
2. Regina shares her cancer journey often. She was diagnosed with breast cancer in 1998. During treatment, she created an “owner’s manual” to take care for self during chemo. What would you put in your “owner’s manual” to remind you to take better care of you?
3. Regina suggests that we see God in our boss, in the driver in front of us, even in things we don’t want, like a cancer verdict. Isn’t that Pollyanna thinking? How realistic is it to live this way?
4. In Lesson 8, Regina talks about adjusting your own oxygen mask first. Those flight attendants actually give you permission to put yourself first, even over your children. Is that harder for women to do? Why do we struggle to put ourselves first? Are we afraid of being selfish? Is it selfish?
5. In Lesson 12, Regina talks about speaking up for others and shares many times when she didn’t. What kept her from speaking up? What keeps you from speaking up?
6. Regina shares a long list of items in Lesson 15 to describe the secret of life. What 10 things would you add to the list?
7. In Lesson 19, Regina says “pray like you mean it.” What does she mean by that?
8. When it comes to prayer, Regina says that deep inside, we each know the answers we need. How true is that? And how do you get to those answers?
9. In less than 26, Regina says, “Be a good monk. Make your life a prayer.” What does she mean by that?
10. Regina writes about her journey with breast cancer and offers a list of things to do to comfort others going through cancer. What is the best way to support someone going through something like cancer? Most of us tell the person, “Let me know what I can do for you.” Is there something better we should say?
11. Regina grew up in a family of 11 children. Her father survived the Great Depression and worked hard to feed and clothe his family so they wouldn’t grow up poor like he did. He didn’t trust banks or credit cards. She had to unlearn lessons about money. Now she believes in abundance and blesses every check she writes. Who taught you your greatest lessons about money? Are they lessons you want to keep or unlearn?
12. Regina talks about “prosperity consciousness” versus “poverty consciousness.” What does she mean by both of those terms?

13. In Lesson 32, Regina talks about finding your true place in life. Is there such a thing? Are we really supposed to believe that there is no competition when it comes to the workplace?

14. Regina shares a long list of signs of hope in Lesson 33. What are the signs of hope in your own life?

15. A paperweight with this question sits on Regina's desk: "What would you attempt to do if you knew you could not fail?" What is your answer to that?

16. Regina is big on affirmations to change her thinking. Do you believe affirmations actually help? If so what affirmations do you tell yourself? What should you tell yourself?

17. As an emergency medical technician, Regina had to learn how to triage, to prioritize the wounded to give help to the person who needed it most. It helped her to do that in her own life. How do you set priorities?

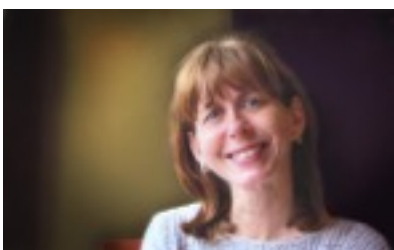
18. In Lesson 45, Regina talks about making amends. What is the difference between an amend and an apology? Are we allowed to have any justified resentments? Are we really supposed to forgive everyone?

19. Lesson 49 says to "leave a legacy time can't erase." What will your legacy be?

20. Cancer taught Regina that we all have a shelf life. Would you live any differently if you knew that date?



Be the Miracle: 50 Lessons for Making the Impossible Possible *is a collection of stories and essays to inspire people to be the miracle for each other. When people feel overwhelmed by all the problems in the world, they often say, "Why doesn't someone do something?" Or say, "It'll take a miracle to fix that." This book offers small ways to make a big difference. It was published by Hachette Book Group in 2012. You can read more about the book at www.reginabrett.com*



Regina Brett is the New York Times bestselling author of *God Never Blinks: 50 Lessons for Life's Little Detours*, which has been published in more than 24 languages. Her inspirational columns appear regularly in Ohio's largest newspaper, The Plain Dealer, where she was a finalist in 2008 and 2009 for the Pulitzer Prize in Commentary. She also writes for the Cleveland Jewish News and is syndicated by Jewish News Service. She has a master's degree in religious studies from John Carroll University and a bachelor's degree in journalism from Kent State University. You can find out more about her at www.reginabrett.com