

Here are a few ideas to get your discussion group going, or to prompt a little chat with yourself.

1. We all cope with shocking events differently. When did Deborah's particular way of coping with her heart attack and immediate aftermath become apparent to you? Describe/discuss.
2. Discuss separately the impact of Deborah's SCAD-induced heart attack on her husband, siblings, step-children, father, and friends.
3. Intimates often struggle to know what to do and how to react when a loved one becomes seriously ill. How have you, or someone you know, reacted to the illness of someone close? What is it like not being able to "fix" the problem for a loved one?
4. Characterize Deborah's interactions and relationship with her medical team. How is it similar to or different from your experience? What can medical practitioners learn from this case? What can patients learn?
5. A bookstore owner described ARROW as "a sensible woman's guide to complementary medicine." What complementary therapies did Deborah try or incorporate? When and why did her doctors approve or disapprove of complementary therapies? What has been your experience in combining complementary and allopathic (conventional modern) medicine?
6. Describe Deborah's recovery path, compared/contrasted with other stories of recovery.
7. Identify the practical tips sprinkled throughout the book about preparing for and managing anticipated hospitalization and convalescence—for both patients and their intimates.
8. What are your thoughts on why we seem to be hearing only relatively recently about women and heart disease—though cardiovascular disease has been women's #1 killer for decades?
9. Are you a SCAD survivor or do you know someone who is? How might recovering from a spontaneous coronary artery dissection be different from recovering from other, more common cardiac events? How has your SCAD experience affected your life—body, mind, and spirit?
10. Why do you think Deborah chose to structure her book chronologically, spanning several seasons on a lake in western Maine?
11. What role does nature play in your life? How do you feel when you are in nature? How, specifically, can you increase the presence of nature in your daily life?

12. It is said that anger is a secondary emotion. What is the primary emotion it is in response to? Discuss anger and depression as reactions to catastrophic change. How did Deborah address her anger and depression? How do you?
13. Discuss Deborah's spirituality.
14. What impact has this book had on your thinking about your own life? How has this book changed or moved you?
17. What is a survivor? What does it mean to survive?