



NOURISH & STRENGTHEN

BY MARIA HOAGLAND

Chloe Taylor has the perfect life: a model's figure, a husband who adores her, three healthy children. So why does she feel so much less than perfect?

After losing forty pounds, Chloe Taylor is finally happy with her body. What she doesn't realize is that she's not the one in control.

When Chloe is called as the Primary president, she discovers that managing the highs and lows of a chronic illness may be easier than the ups and downs associated with family, friends, and church callings. Consumed by her own challenges, Chloe fails to recognize the issues her friends are facing and is in danger of losing their friendship.

As Chloe strives to develop Christ-like love for herself and those around her, she learns that outer appearances are far less important than inner peace and spiritual strength. But is she strong enough to face her most difficult trial yet?

DISCUSSION QUESTIONS

1. Is there such a thing as “too skinny” if someone is not anorexic or bulimic?
2. Do you know anyone truly comfortable with their body? Is body shape the aspect of appearance that you most stress about?
3. Do you think LDS women as a whole are hard on themselves? Why do we feel a need to be perfect in our callings, our families, our appearances?
4. Each character feels lonely in some way. Which character do you relate to the most?
5. Can you identify women in your ward similar to Lisa, Jordan, Sister Lewis, Julie, Chloe?
6. Is Chloe a likeable character or is she too judgmental?
7. Do you see a change in Chloe throughout the length of the book? What do you think is the biggest catalyst for her shift in attitude?
8. Everyone has a major challenge in life—what chronic illnesses or challenges do you face?
9. How are Chloe's challenges with diabetes also a blessing in her life? Do you think challenges are usually blessings at the same time?
10. Chloe doesn't realize it at first, but upon looking back, she feels she had been prepared to receive the calling as Primary president. Have you had similar experiences being prepared for an upcoming calling or change in your life?
11. Are there any scenes in the book that don't seem to fit? How could they fit into the themes of appearances, judging, nourishing and strengthening, or the need to be perfect?
12. How can we learn to accept and love ourselves? How can that love and acceptance help us in other areas of our lives?