

KEEP WALKING . . . YOUR HEART WILL CATCH UP

BOOK DISCUSSION GUIDE

Book Discussion Preparation

This story takes place on the Camino de Santiago (Way of St. James) pilgrimage trail in Spain. There are several starting points, but they all end in Santiago de Compostela. This author chose to walk the most popular trail – the French Way. Share a map such as this one to show the network of trails leading to Santiago:

<https://www.petrabax.com/#!/tours/camino-tours-about>

Book Discussion Questions

Let's talk about you.

1. The book is about a very long walk. Do you like to walk? What is the furthest you have walked? Is walking the Camino de Santiago something you would ever consider?
2. If you were to walk the Camino, would you prefer to go alone or with someone else?
3. Many pilgrims who traveled the Camino de Santiago have written about their journeys on the trail. Have you read any of them? If so, which ones and how do they compare with this memoir?

Let's talk about the book.

4. What part of the book caught your attention the most – the physical walk? the spiritual awakening? The emotional journey?
5. What surprised you most about the story?
6. What did you like least about the story?
7. Did the book make you reflect on your own life? What did you learn from hearing the author's story?
8. What is your favorite passage or quote from the book? How did it make you feel?
9. Are there any areas you wish the author had elaborated on further?
10. It seems the Camino itself was a character in the story. How would you describe the Camino's personality?
11. What do you think of the book's cover? Of its title? Do they convey what the book is about?

Let's reflect.

12. What do you think motivated the author to write her story?
13. Do you think the author would have found insight and healing without walking the Camino? How can someone achieve the same results without going to Spain?
14. If you were to create a movie version of the book, who would you cast in the lead roles?
15. Keep walking . . . Is there an area in your life to which you could apply that advice?
16. If you could ask the author anything, what would it be?



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