

# BARE BOOK CLUB

**Susan Hyatt**

# BARE

*A 7-Week Program to Transform Your Body, Get More Energy, Feel Amazing, and Become the Bravest, Most Unstoppable Version of You*

## Book Club Ideas

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So, you want to organize a *Bare* book club? That's amazing! It's also a very smart move, because you're much more likely to be consistent with lifestyle changes if you "take the *Bare* pledge" along with other people.

When you're isolated, you're more likely to lose momentum and backslide into old habits. When you're working with several other people, or even just with one friend, you're more likely to succeed. Support from other women makes such a difference.

Here are a few ideas on how you could run your *Bare* book club...

- Meet once a week for at least seven weeks in a row. Each week, you can discuss one step in the seven-step *Bare* process. You can discuss things like: *Did anyone try this week's step? How's it going so far? What's been challenging? What's been fairly easy? Is anyone noticing any positive changes—mental changes, physical changes, changes to your confidence or energy levels?* (Turn to the next page for some additional book club discussion questions.)
- Can't meet in person? Try meeting on [skype.com](https://www.skype.com) or [zoom.us](https://zoom.us) or use FaceTime (if you have an iPhone) or any other video-meeting tool.
- Can't find anyone who's willing to join your club? Go to the official *Bare* website ([letsgetbare.com](https://letsgetbare.com)) and sign up for a *Bare* Daily membership. Inside the *Bare* Daily online community, you'll find hundreds of like-minded women who are working through the *Bare* process together.
- You can also go to a website like [meetup.com](https://www.meetup.com). Post a message saying that you want to host a *Bare* book club in your city. Invite women to join. You might be surprised by how many women sign up—and you might end up making several new friends.
- You can always keep it simple and meet in someone's living room, as many book clubbers do. Or meet in a public place like a library, coffee shop, or community center. Or shake things up and meet at a park, on a hiking trail, or somewhere else that feels inspiring, like at the beach. Who says you have to meet indoors?

- If you don't want to bear the responsibility of hosting every single club meeting, then mix it up! Every member can take turns hosting one meeting.
- Consider doing a “meet and move” combination. Meet for an hour to discuss one section of the *Bare* book...and then go move your bodies! Go for a walk. Hit the yoga mat. Dance it out. Do something that leaves everyone feeling strong and energized.
- Similarly, you could do a “meet and eat” combination. Have a book club meeting followed by a cooking class, a potluck, a picnic, or a meal at a restaurant. Enjoy a meal together and practice eating attentively—slowing down and savoring the experience. (You're taking one of the concepts from *Bare* and putting it into practice!)



## Book Club Discussion Questions

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Here are a few more questions that you could discuss during book club meetings—and of course, feel free to come up with your own questions, too.

- In *Bare*, the author defines the word “diet” as “any way of eating that is rigid, unsatisfying, unpleasurable, or unsustainable for you.” Consider the way that you currently eat. Is your current eating style working for you? Or is your current eating style feeling too rigid, unsatisfying, unpleasurable, and/or unsustainable? How so?
- The author explains that when you go on a diet—any kind of diet, meaning, any eating system that feels rigid, unsatisfying, unpleasurable, or unsustainable for you—it tends to backfire. For instance, you try to “make yourself go Paleo” or “eat clean” or “go vegan” but then you feel too restricted, limited, and bored. You begin to crave foods that have been “off-limits.” Then you rebel against all the rigid rules...and you over-indulge. This creates the classic yo-yo pattern of over-restricting and then over-indulging, which is hard on your body, and just doesn't feel good! Have you experienced this pattern before?

- One study (reported in [The Sun](#)) says that the average woman will try 130 different diets, detoxes, cleanses, and other food-restriction systems over the course of her lifetime. Another study (mentioned on [Livestrong.com](#)) says that at any given moment, about 50% of women are on some type of diet. How many diets do you think you've tried throughout your life, so far?

- **Week 1 of the Bare Process** is: *Clean up your environment.* The author explains that when you clean up your environment and remove unnecessary sources of stress, negativity, and clutter, you immediately feel better. There's a positive ripple effect that you can feel in your mind as well as your body. Have you done some environmental clean up, already? What did you decide to remove from your environment? Have you noticed any positive effects?



- **Week 2 of the Bare Process** is: *Add pleasure into your day.* When your daily routine feels pleasurable, then your stress hormone (cortisol) levels drop down to a healthier level and your whole body (including your metabolism and digestive system) can function optimally. Pleasure can come from so many sources: music, candles, fragrances, beautiful spaces, making memories by yourself and with people you love, watching the sunset, savoring a cup of tea in your favorite cup, whatever brings you a feeling of joy, ease, and contentment. What are some ways that you could add more pleasure to your daily routine? If you've already been working on this, have you noticed any positive effects?

- **Week 3 of the Bare Process** is: *Eat with attentiveness.* Slow down, inhale the aromas, and savor your food in a mindful, attentive way. Instead of gulping down your lunch (and barely even tasting it) while you read emails at your desk or scroll through Facebook, the author encourages you to put aside all the digital devices, become present, focus on your food, and enjoy your mealtime experience. When you eat attentively, the whole experience is a lot more pleasurable. Also, you're more likely to be "in tune" with your body and notice when you're actually hungry and when you're getting full, which helps you eat just the right amount that your body needs. Have you been practicing attentive eating? How has it been going? Have you noticed any positive effects?

- **Week 4 of the Bare Process** is: *Exercise with love.* Unfortunately, many people view exercise as a "chore" or something you have to "force yourself to do." The author suggests that exercise shouldn't be something you "hate"—instead, try to view exercise as a

beautiful, loving gift for your body. What type (or types) of exercise feel like a gift for your body, these days? For instance: walking, stretching, yoga, swimming, cycling, hiking, dancing, something else? When it comes to moving your body, what feels like love?

- **Week 5 of the Bare Process** is: *Declutter your closet*. The author suggests that it's better to have 3 outfits that feel good and fit you well (at your current size) rather than 100 outfits that don't feel comfortable, don't fit anymore, or just don't excite you. When you look at your closet in the morning, the goal is to feel energized, not drained and overwhelmed. Did you do some closet decluttering already? How did it feel? Have you noticed any positive effects?



- **Week 6 of the Bare Process** is: *Detox your mind*. In this section, the author talks about the importance of noticing the thoughts that arise in your mind. As you begin to pay closer attention to your inner thoughts, you might be shocked by how many mean, bullying, negative thoughts you think to yourself (and about yourself) every day! Have you noticed the voice of your inner bully? What types of things does she say to you? Have you found some ways to replace those thoughts with new/different thoughts?

- **Week 7 of the Bare Process** is: *Show up and be seen*. The author shares a story about a friend who almost canceled a major speaking gig (an opportunity to speak in front of hundreds of people) because she felt unhappy about her weight and didn't want to be seen onstage. Have you ever “canceled” something because you

felt unhappy about your appearance? (For instance: declining an invitation to a college reunion, postponing a wedding date, avoiding a job opportunity, saying no to photo shoot, etc.)

- A recurring theme in *Bare* is the idea that small changes can create a big ripple effect in your life. For instance, the author chose to stop watching violent TV shows before bedtime—and this one change immediately improved her ability to sleep soundly through the night. One of the author's clients started using a beautiful cloth napkin at mealtime—and the simple act of “taking out the napkin” reminded her to slow down and savor her food instead of rushing through the meal, like she'd done in the past. What's one relatively small change that has upgraded your quality of life? Or, what's a small change you could make soon?
- There are some disagreements in the feminist community about what it means to “love your body.” Some feminists believe that if you truly love your body, that means you accept

your body exactly as it is—and never try to change anything. Other feminists (including the author of this book) have a different perspective, and believe that you can love your body *and* want to change your body at the same time. For instance, you can say, “I love myself. I love my body. And also, I would like to make some changes to my lifestyle so that I can have more energy and feel stronger and shed some weight that I gained last year during my stressful divorce.” What’s your perspective on this matter? Do you think you can love your body and want to change your body at the same time? In your opinion, can these two things co-exist? Or are they mutually exclusive?

- With certain books, there is one idea, one point, or even one specific sentence that especially resonates with you. What’s one concept from *Bare* that feels especially relevant to you and your life right now?
- Imagine that a young woman (a daughter, niece, student, or another young woman that you love) came to you and confessed that she’s really struggling with food, or with her weight, body image, or self esteem. If this young woman asked for your help, what advice would you give to her? What would you encourage her to think about? What would you encourage her to try? Consider writing a “love note” or “advice note” for this young woman. Then read your note aloud to the book club group. Sometimes, the loving message that we give to other women is also the message that we most need to hear, ourselves.

## Got a Book Club Going?

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Let us know! Send a message to Susan and her team by emailing: [support@shyatt.com](mailto:support@shyatt.com).

Tell us about your book club, where you’re from, and what you’ve been discussing and doing together. We’d love to hear.

You can also post a photo of your book club on social media and include the **#barebookclub** hashtag so we can find you. Thank you for helping to spread this book’s message of health, empowerment, and transformation!