



# Discussion Guide

## About the Book

wild

FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL



Cheryl Strayed

Book Title: *Wild*

Author: Cheryl Strayed

Published 2012, Random House LLC

About the author: [www.cherylstrayed.com](http://www.cherylstrayed.com)

Book Website: [http://www.cherylstrayed.com/wild\\_108676.htm](http://www.cherylstrayed.com/wild_108676.htm)

Available on Amazon/Kindle/Audio, Barnes and Noble/Audio

## Questions for Discussion

1. Cheryl has said that her plan in writing was to be as honest as possible. What did you think of her honest explanations of her own behavior and her experiences? Could you write this honestly about your own life? Why or why not?
2. Cheryl's journey was in large part trying to work through the grief of her mother's death. How did the trip help her on her path of grief? How have you worked through grief in your life?
3. Cheryl's journey showed such remarkable perseverance. What amazed you about her journey?
4. If you were to go on an epic journey, where would you go and why?
5. How did this journey help Cheryl grow as a person?
6. Read over the MAMs comments. Which of the MAMs do you most agree with and why?
7. Would you recommend this book for other Book Clubs? Why or why not?
8. In what ways, if any, will this book change your life or perspective?

## Nancy and the MAMs discuss the book...



**Nancy:** Cheryl Strayed amazes me with this spell-binding epic account of her heroic pilgrimage of self-discovery on the Pacific Crest Trail. As a reader, I'd say it's quite an honor to be invited into Cheryl's internal dialogue and anguish as she tries to come to terms with the death of her mother, her divorce and her own strayed self. Pushing herself to new heights and descending into many valleys, too, she develops what she needs to live her life as a strong woman, overcoming her addictions and finally healing beyond grief.

Cheryl's journey will stay with me for a long time. Her endurance and perseverance challenge me to work harder to accomplish my own goals. As I picture her trudging up and down mountains with "monster", her losing six toenails, with blistered, raw feet, and backpack callouses, I am inspired, that I too, can live my dreams.

While reading the book, I've watched some Youtube videos of Cheryl. In one, she interviewed Anne Lamott and said, although she wasn't a Christian, she agrees with everything Anne says in her books. I hear the deep spirituality in Cheryl's tone, searching for meaning, being surprised by generosity, expecting a few breaks, wary of strangers and at the same time overwhelmed by their kindness, and ever grateful for her mother's love that taught her how to live.



**PRISCILLA:** Oh my, this was quite a book. Not on the approved reading list for my church. I wish she had found Jesus on her journey, but I am glad she quite taking heroin and messing around with the men!



**ABIGAIL:** I think the connection to the earth changed Cheryl. We have become so separate from the earth in modern life. Cheryl went back to the earth and it helped straighten her out and develop the strength she needed for her life. We should all spend more time in nature.



**MOLLY:** I think every young adult should go on a trip of discovery. I went to Europe after college and that really helped me prepare for the rest of my life. The Native Americans go on a vision quest. Aborigines in Australia go out to discover their songline, their life's purpose. Kudos to Cheryl for knowing she needed to do this. What a trip it was!



**SALLIE:** Wow. After hiking in Colorado on day hikes, I know I could never to do this! But we all have our journeys. For me, each year of teaching was an epic adventure. Taking 5 year olds and training them to be students! She's definitely an inspiration to me to go on some adventures of my own in retirement.



**KATHARINE:** I loved the way she carried those books along and they fed her soul at night. I can't quite imagine burning the pages after reading them! What a woman!



**JANE:** : I have got to hand it to Cheryl. She is one heck of a lady. I think of myself as a strong woman, but she'd run circles around me. Go, Cheryl! I'm so glad that Oprah honored you for your book. You deserve all the success you've received!