THE WAKE UP BOOK CLUB QUESTIONS

1. Aiden has a deep level of empathy for both people and animals. Do you believe some people are more highly sensitive than others? Do you see this as an asset or a liability?

2. Early in the story, Aiden’s life takes a drastic turn. What do you think was the final catalyst for Aiden’s “wake up”? In the aftermath, Aiden begins to lose his friends, his girlfriend, and the only life he’s known. Do you think the benefits he derived from the wake up were worth the losses?

3. Aiden used alcohol as a means to numb his pain and memories for many years. Milo covers his pain through expressing outward anger or rage. In what ways do both coping mechanisms help them get through as a young child, but become a detriment later?

4. How do you think nature vs. nurture impacted Milo’s acting out toward animals? Was Milo predisposed to violence and cruelty, or were those actions a result of his painful upbringing?

5. Both Aiden and Milo come from a background of childhood abuse, and the story parallels their dual journeys. What things did they both have in common that helped them to recover?

6. In Gwen’s marriage, she finally drew the line and left her husband after he physically assaulted her. Did she make the right decision at the right time, or should she have left sooner?

7. Milo struggles with feeling that his work isn’t good enough to share with others. Can you relate to his feelings of insecurity around being good enough? Ultimately, who needs to make that decision?

8. Contrast the breaking of the tiles and putting the broken pieces back together with Milo’s brokenness and how using his creativity assists him with coming back together.

9. Running full circle from Aiden’s childhood through Milo’s is the bonding that occurs with the birthing of a baby foal. In what ways did this connection with animals reach deep within both of them and bring about a transformation that nothing else could?