

He's Shirtless ...with Kids

By Sable Burns | Lumora Press

Book Group Guides

Thank you for reading He's Shirtless ...with Kids, the first in the Truth & Treasure Romance series. I hope it entertained and gave you something to think about. Discussion is one of the best ways to fully enjoy a story, whether with friends over coffee or in a group. I offer some possible starting off questions, but always, this is your conversation that will go where it needs to go.

Here's how the two guides can work beautifully together in a book group setting—especially with mixed backgrounds:

Reader Guide

This is what you hand out before or during the group session. It's approachable, open-ended, and designed to spark authentic, personal reflections. These are the questions people prepare for, ponder, or use to journal before coming together. It sets the emotional tone and primes their memory of key moments in the book.

Facilitator Guide

This is your behind-the-scenes playbook. You don't need to read it aloud—it's there to:

- Provide deeper insight into *why* each question matters.
- Link each theme to the chapters for easy reference.
- Offer additional prompts if the group stalls or veers off track.
- Help the leader steer the conversation back to emotional or spiritual learning, without sounding preachy or clinical.

The facilitator guide adds **structure and flexibility**, while the reader guide encourages **personal connection and openness**.

In gratitude with a wink,



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Reader Discussion Guide

Welcome, readers! This guide is for everyone—whether you're spiritual, secular, or just here for the happily-ever-after. The novel blends humor, healing, and heart, offering a fun but thoughtful space to reflect on your own growth, too.

Discussion Questions

1. Alexa and Noah both carry emotional weight from past relationships. What moments show they're beginning to heal? How does that shape their connection?
2. Visualization, intention, and gratitude play key roles in Alexa's mindset. Did any of her mental practices resonate with you personally?
3. Communication is a recurring theme. What are the four pillars mentioned in the story? How do they apply not just to romance, but friendships, family, or even workplace dynamics?
4. How do Shannon and Nolee influence Alexa and Noah's personal growth? What role do the children play in this new family dynamic?
5. Alexa and Noah both have "vision boards"—literal or figurative. If you made one today, what would be on yours?
6. Humor is a big part of their journey. Which scenes made you laugh—and why do you think laughter matters in healing?
7. Forgiveness (of others and of self) is woven through the novel. Was there a moment where you felt one of the characters truly let go of old baggage?
8. How does the story model a healthy romantic relationship? What boundaries or values do they set that reflect respect and growth?
9. The setting shifts from Midwest charm to Paris elegance to African adventure. How do these physical moves mirror internal shifts?
10. By the end, what does "having it all" mean to you—after watching Alexa and Noah redefine what success looks like?
11. What are some traits of prosperity consciousness shown in the novel? Do you see yourself practicing any of them—or resisting some?

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Facilitator Notes

This book blends romantic comedy with personal and emotional transformation. If your group is diverse in belief or background, keep the conversation open and grounded in universal values like honesty, growth, and love.

Suggested Discussion Themes

- **Healing Past Pain:** Both leads revisit and revise their internal narratives. Look at how Alexa's realization about her ex-husband's betrayal mirrors Noah's step into self-worth.
- **Prosperity Consciousness:** Encourage the group to identify traits from the story like self-belief, clarity of desire, gratitude, visualization, generosity, and emotional coherence. Ask: Can fear and prosperity coexist?
- **Intention & Visualization:** Alexa uses daily visualization and focused gratitude. Invite readers to reflect: how do we align daily life with inner vision?
- **Four Pillars of Communication:** Listening, speaking truthfully, emotional safety, and clarity. Ask members where they succeed—or struggle—in applying these.
- **Children as Teachers:** Shannon and Nolee are not just plot points—they catalyze emotional growth. What have real-life kids taught you about yourself?
- **Humor Heals:** Let readers share which scenes made them laugh and how humor creates space for growth.
- **Forgiveness & Growth:** Both characters release limiting beliefs about love and worth. Ask readers what beliefs they've had to release to grow.
- **Success Redefined:** The "ideal life" shifts for both Alexa and Noah. Ask: What vision of success am I holding—and is it still true for me?