

He's Shirtless ...with Kids

By Sable Burns | Lumora Press

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?