Discussion Guide



What My Bones Know
Stephanie Foo

Penguin Random House
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Adverse Childhood Experiences

Summary

What My Bones Know: A Memoir of Healing from Complex Trauma, searches for and reveals the little-understood science behind Complex PTSD or C-PTSD. In learning about how it has shaped her life, she shares her journey about how she has learned to live with her past. In her opening Author's Notes, Foo addresses other readers who may suffer from PTSD and then shares these hopeful words, "this book has a happy ending."

Questions

1. The author is outwardly successful but inwardly suffers. She states, "Every cell in my body is filled with the code of generations of trauma, of death, of birth, of migration, of history that I cannot understand.....I want to have words for what my bones know." In what ways did the author's generational trauma manifest itself?
2. How does repeated trauma change our epigenome? Does the author's explanation make sense to you? Why or why not?
3. What did you learn from this book about the concept of Complex-Post-Traumatic Stress Disorder or C-PTSD?
4. For you, what was the most challenging part of the author's journey? Why?
5. Did you re-read any passages? If so, which ones?
6. The author goes to great lengths to learn "what her bones know." What unique resources does she leverage to help her heal and what widely accessible tools does she offer to others who've experienced generational trauma?
7. What surprised you most about the author's journey?
8. What was missing and what do you wish was included?
9. Are there any lingering questions from the book you are still thinking about and if you could ask the author anything, what would it be?

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