

Discussion Guide



Summary

Do you dread the end of Daylight-Saving Time and grouch about the long, chilly season of gray skies and ice? Do you find yourself in a slump every January and February? What if there were a way to rethink this time of year? Psychologist and winter expert Kari Leibowitz's galvanizing *How to Winter* uses mindset science to help readers embrace winter as a season to be enjoyed, not endured—and in turn, learn powerful lessons that can impact our mental wellbeing throughout the year.

Questions

1. What do you think of the environmental conditions of the far north? Do you think you could live there? Why or why not?
2. What was your favorite part of the book and why?
3. What are your favorite winter activities or strategies described in the book? Are there any you were already familiar with or want to try?
4. Did this book change your perspective on winter? If so, how?
5. Do you think it is challenging to change your mind set about something? Why or why not?
6. Kari suggests making a list of things you look forward to in winter. What would be an item on your list? Why?