Discussion Guide



How to Winter Kari Leibowitz, PhD

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Winter Self Care

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?

