

# SURRENDERED

Healing is an art form

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A pair of hands is shown in a prayerful or healing gesture, with the palms facing each other and fingers slightly spread. The hands are illuminated from below, creating a soft glow and highlighting the texture of the skin. The background is dark, making the hands stand out prominently.

## **Book Club Questions**

**The author talks about her grandmother surrendering her hands. In what ways have you surrendered yours?**

**What happens when you surrender your feet after a long, hard day of work? What would it take for you to do that? Why is surrender so hard? What are you trying to control? Do you agree with the author that control is just an illusion?**

**In what ways is being at home an art? How do you surrender your body and mind when you enter the door of your home? If you are not able to surrender, what are the obstacles in your way?**

**How does giving love involve surrender? How can a warped mindset affect the relationship between love and surrender?**