

Book Club Questions

1. How would you describe the central message of Impermanence in your own words?
2. What emotions did the book leave you with by the end—and why?
3. Which part of the journey resonated most deeply with you?
4. How does the concept of impermanence evolve throughout the pilgrimage?
5. How did the pilgrimage reshape your perception of a spiritual journey?
6. What does the act of walking symbolize in the book?
7. How does the author's experience of solitude shift over time?
8. How do encounters with other pilgrims contribute to transformation?
9. How did weather, terrain, and exhaustion teach resilience or surrender?
10. In what ways do landscapes act as characters in the story?
11. How did the daily chapter structure affect your reading experience?
12. How do moments of osettai redefine receiving or belonging?
13. Which interaction with a fellow pilgrim stayed with you most?
14. Which reflections on loss or memory moved you most?

15. How did the birth and death on Day 7 shape your understanding of impermanence?
16. What do the author's memories reveal about healing and forgiveness?
17. How did Buddhist practices shape your understanding of the journey?
18. Are there passages you reread or reflected on?
19. Which personal stories mirrored your own experiences?
20. How has the book influenced your thinking about time or a life well-lived?
21. Do you feel inspired to undertake a pilgrimage of your own?
22. Do you feel the author left out any important parts of the journey—emotionally, physically, or spiritually? If so, what might those be?
23. Were there moments where you wanted to know more or felt something was only partially explored?
24. Do you think certain experiences were intentionally understated or omitted? Why might an author choose to do that in a memoir?
25. How does what is not said shape your understanding of the story?
26. Do you trust the author as a narrator? Why or why not?
27. If you could ask the author one question, what would it be?