

Hi, I'm Amber Lynn Richardson, author of Seasonal Syncing: A Woman's Guide to Harmony and Wholeness One Season at a Time. I'm so grateful you are here! While there is definitely value in engaging with this content independently, there is something so special about embarking on this journey in community. That's why I created this Book Club Kit. I wanted to make it as easy as possible for women to come together and support one another throughout the various seasons of their lives.

This book club kit will hopefully initiate deeper conversation, greater understanding, more meaningful connection, and expand our capacity to express compassion to and have empathy with ourselves and one another. Throughout this kit you will be provided with short videos from me, proposed group activities based on the featured season, and suggested discussion questions. But these are merely that, suggestions. Hopefully these recommendations will spark your own curiosity and creativity to make this experience your own.

You may choose to host multiple meetings to discuss this book in greater depth, or you may choose to host one single meeting. There is no wrong way to approach this. I would love to hear about your book club and your experience engaging with the book. Please keep me posted by dropping me a DM on Instagram or shooting me an email. I would truly love to hear from you and connect. Happy book clubbing!