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## Johnston Public Library Book Discussion Questions

### 29 Gifts by Cami Walker

#### Summary

One month after her wedding day, thirty-three-year-old Cami Walker was diagnosed with multiple sclerosis, and the life she knew changed forever. Cami was soon in and out of L.A.'s emergency rooms with alarming frequency as she battled the neurological condition that left her barely able to walk and put enormous stress on her marriage. Each day brought new negative thoughts:

*I'm going to end up in a wheelchair. Mark's probably going to leave me.  
My life is over. Why did this have to happen to me?*

Then, as a remedy for her condition, Cami received an uncommon prescription from a friend, an African medicine woman named Mbali Creazzo: Give away 29 gifts in 29 days.

"By giving," Mbali told her, "you are focusing on what you have to offer others, inviting more abundance into your life." The gifts, she said, could be anything, but their giving had to be both authentic and mindful. At least one gift needed to be something she felt was scarce in her life.

Cami was amazed by what unfolded during her month-long journey.

*29 Gifts* is Cami's poignant and unforgettable story of embracing the natural process of giving and receiving. Many of her gifts were simple—a phone call, spare change, even a Kleenex. Yet the acts of kindness were transformative. By Day 29, not only had her health and happiness turned around, but she had also embarked on creating a worldwide giving movement.

The book also includes personal essays from others whose lives changed for the better by giving, plus pages for the reader to record their own journey. More than a memoir, *29 Gifts* offers inspiring lessons on how a simple daily practice of altruism can dramatically alter your outlook on the world.

#### Discussion Questions

1. What is your first impression of Cami when you meet her in the Prologue? How does your impression change as the story unfolds?

2. Do you think Mbali's admonition to Cami to "Stop thinking about yourself," is fair, considering Cami's situation?
3. Is Mbali's suggestion to lift Cami out of her "black hole" by giving away 29 gifts in 29 days one that may work in your own life? What particular areas of your life would you like to see change?
4. Is there someone in your life like Dr. Kim who has changed your perception of the world and your place in it? In what ways?
5. Mbali tells Cami, "When you are over-giving, you are not living in abundance, but scarcity... When you give from a place of service, honesty and fullness, you are left feeling revitalized." Do you agree with Mbali and if so, why?
6. What role does meditation play in Cami's life, and in what ways does it help her address her feelings of distress in life?
7. Cami writes: "One of the profound shifts I've seen for myself since I began giving is I now feel comfortable counting every gift I mindfully offer to another person. I no longer feel pressure to make grand gestures." Do you feel you're always mindful of your intention in giving someone a gift?
8. Of all the gifts Cami gives in her first 29 days, what gift resonates the strongest for you? What lessons did you learn from Cami's gifts?
9. Is there a story from the 29 Gifts community in the last section of the book that resonates more with you? Which one and why?
10. What changes do you see in Cami's ability to receive during her first 29 days of giving?
11. What significant improvements did you notice in Cami's day to day life as the story unfolds?
12. If you were to start the 29 Gifts Challenge today, who would be the recipient of your first gift and what would you offer them?

Discussion Questions from [www.29giftsbook.com](http://www.29giftsbook.com)