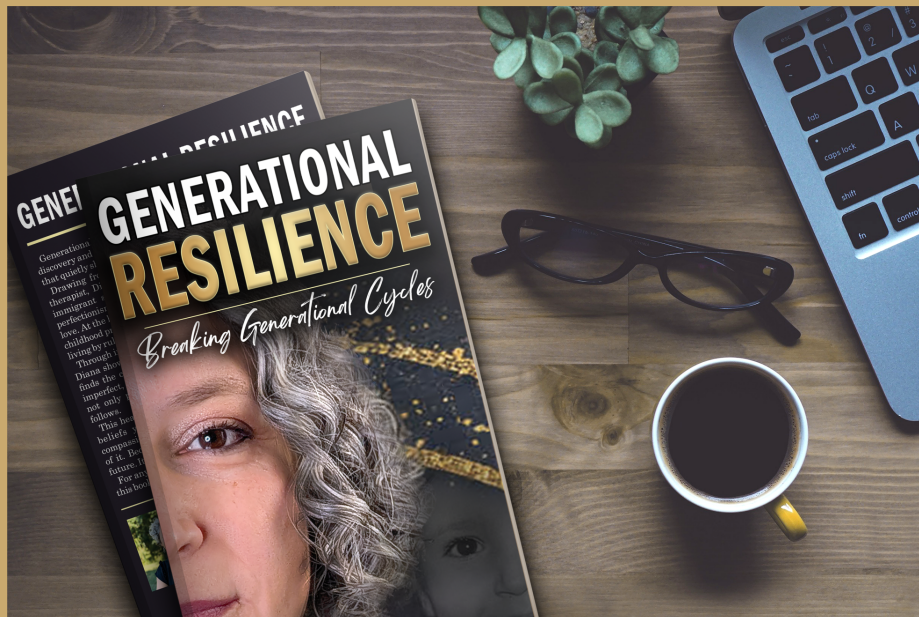


BOOK CLUB KIT

GENERATIONAL RESILIENCE

Breaking Generational Cycles



Diana Oskov

generationalresilience.com

COMPONENT 1

A Letter from the Author

Dear book club,

Thank you for reading this together.

There is something about a group of people choosing to sit with the same book that moves me deeply. Not just to read it — but to bring it into the same conversation, to hear what it opened up for someone else, to discover that the chapter that stopped you cold was the one that barely registered for the person sitting next to you. That is one of the oldest and most human things we do. And the fact that you chose this particular book for that conversation means more to me than I can easily put into words.

I want to tell you something about why I wrote this book — not the polished version, the real one.

I did not write it because I had figured everything out. I wrote it because I had spent a long time not realising there was anything to figure out. That is the nature of the patterns this book is about. They do not announce themselves. They do not arrive with a warning. They settle in gradually — the way water warms slowly on a stove — until one day you look up and wonder how you got here, and why certain things keep happening, and why certain feelings keep returning, and why you keep making the same choices even when you know better.

The frog does not know the water is boiling. Until it is.

That was me. And if I am honest — it is most of us.

What I hope you found in this book is not my story. I hope you found pieces of your own. Readers have written to me and said they read the book in one sitting because they could not put it down. They have said they laughed and cried, sometimes in the same chapter. They have said they found themselves stopping to think about their own lives — their own parents, their own patterns, the things they inherited that they never once stopped to question.

That is exactly what I hoped for. Not agreement. Not inspiration. Just the question: *why?*

Why do I respond to things the way I do? Why does this keep happening? Where did this come from? What am I carrying that was never actually mine?

That question — even asked once, even quietly — is the beginning of something.

Different stories in this book will land differently for each of you. That is intentional. We are all carrying different patterns from different histories. What breaks one person open will be a footnote for another. I would love to hear what each person in your group found — which story stopped them, which chapter they

had to put down for a moment, which moment felt uncomfortably familiar.

Let that be your discussion. Not what the book is about — but what it showed you about yourself.

I would genuinely love to join your conversation. If you would like me to be there — even for twenty or thirty minutes — please reach out at **diana@revealedmind.com**. I say yes to book clubs whenever I possibly can. It is one of my favourite conversations about this work.

And if you have finished the book and not yet left a review — even a sentence on Goodreads makes an enormous difference for the next reader who is standing in front of it wondering if it is for them.

Thank you for showing up for this. Thank you for being the kind of people who read together.

With real gratitude,

Diana Oskov

Author — Generational Resilience: Breaking Generational Cycles

generationalresilience.com | diana@revealedmind.com

@revealedmind on Instagram, Facebook, TikTok and YouTube

COMPONENT 2

Discussion Questions

This kit gives you two sets of questions. The first set opens the conversation — accessible entry points that work for any reader regardless of where they are in their own story. The second set goes deeper — into the specific stories, themes, and moments in the book, and into the reader's own life. Use these when the conversation is ready to go there.

There is no right way to use these. Start where someone is pulled. Let the conversation find its own direction.

Opening the Room

Before any questions — go around the group and finish this sentence in one word:

Reading this book made me feel ____.

No explanation needed yet. Just the word. You will find the explanation by the end of the evening.

List 1 — Opening the Conversation

1. Was there a moment in the book — a single scene, image, or sentence — that has stayed with you most? What was it, and why do you think it landed the way it did?
2. Which chapter do you think required the most courage to write? What made you feel that?
3. Was there a moment in the book where you thought: *I have been exactly here*? What was it, and what did it feel like to be recognised in someone else's story?
4. The author writes about the stories we tell ourselves about our own lives — the versions we rehearse, the parts we skip, the endings we assume. Is there a story about your own life that you have been telling yourself for a long time? What would change if you examined it the way this book examines its stories?
5. Is there a chapter of your life — a season, a relationship, a period of work or loss or change — that you have never quite sat down and honestly examined? What do you think you would find there?
6. The book suggests that the moments we most want to move past quickly are often the ones with the most to teach us. Do you believe that? Is there a moment in your own life that you moved past too fast — and what do you think it was trying to say?

7. If you were to write a teaching memoir about your own life, what would the central lesson be — the one that your whole story seems to keep circling back to?
8. If you could ask the author one question — something the book made you want to know that it didn't answer — what would it be? (*If Diana is joining your meeting virtually, save this one for her.*)
9. What is the one sentence — from the book or from this conversation — that you want to write down before you leave tonight?
10. Has this book changed how you want to approach any part of your life going forward? Be as specific as you can.

List 2 — Going Deeper

1. Which story in the book stayed with you the longest after you finished reading? Not necessarily the one that moved you most in the moment — the one that kept coming back.
2. Was there a chapter or a scene where you had to stop reading for a moment — put the book down, look up, sit with something? What was it?
3. Diana writes about growing up in communist Bulgaria — a world where everything was decided, everything was certain, and then suddenly it wasn't. Whether or not that world is familiar to you — did you recognise the feeling of having certainty taken away? Where in your own life have you felt that?
4. The sentence *strong girls don't cry* was said with love, with pride, with the best intention. And it installed a blueprint that ran for decades. Is there a sentence from your own childhood — said with love — that shaped how you held yourself in the world? You do not have to share it if it is not ready. But sit with it.
5. Diana talks about the moment the weight of what she was storing became louder than the fear of feeling it. Has anyone in this room had that moment — when something you had been carrying quietly became impossible to carry quietly anymore?
6. The book suggests that the patterns we carry are not always born from what someone said to us — sometimes they are born from what we lived, from what the air felt like in a room we no longer live in. Does that resonate? What did the atmosphere of your home teach you before you had words for it?
7. Diana describes the difference between a surface and a foundation — how something can look like safety from the outside and be something else entirely from within. Where in your own life have you mistaken a surface for a foundation?
8. The book talks about inherited beliefs — the ones about what we deserve, what is possible for us, who we have to be to earn love. Most of these were handed to us before we could question them. Which inherited belief has had the most influence on your life? Has that changed from reading this book?
9. Diana's father passed on the belief that generosity builds more than protection ever could — that there is enough for everyone. What beliefs about abundance or scarcity were passed to you? And what are you passing on?
10. The title is *Generational Resilience: Breaking Generational Cycles*. Now that you have read the book — what does breaking a cycle actually look like to you? Not dramatically. In the small moments. In the ordinary decisions.
11. Diana is a cycle breaker. But she also received an extraordinary inheritance — a father who flew when others froze, a mother who chose herself, a family that chose love over land. What inheritance — not the wound, the gift — are you most grateful for?

12. Who in your life would you give this book to? What would you say to them when you handed it over — and what do you hope it would open up for them?

To Close

Go around the group one more time. Finish this sentence:

After reading this book and having this conversation, the question I am sitting with is ____.

Write it down. You do not have to answer it tonight. Just let it live with you for a while.

Want to go deeper?

If this conversation has opened something in you, Diana has created a free five-minute Generational Pattern Assessment. It helps you uncover which inherited patterns are quietly shaping your life across five areas: emotional wellbeing, relationships, finances, self-worth, and family dynamics.

You are not broken. You are patterned. And patterns can be changed.

Take the assessment at: revealedmind.com/generational-pattern-assessment

COMPONENT 3

A Note on the Themes

For book club facilitators and readers

This is not a guide to what you should think about this book. It is a map — a brief orientation to the main threads running through it, so that when the conversation takes you somewhere unexpected, you have a sense of where you are.

The Blueprint

At the heart of this book is a simple but radical idea: most of us are living inside a blueprint we never chose. The beliefs we carry — about what we deserve, what is possible, who we have to be to earn love or feel safe — were handed to us before we had the capacity to evaluate them. Not through cruelty. Through the air of a room. Through a sentence said with love. Through watching what the adults around us did when things fell apart. The blueprint is not fixed. But it cannot be changed until it is seen. This book is an act of seeing.

The World Before Choice

Diana grew up in communist Bulgaria — a world where everything was decided. Where you would go to school. What profession you would enter. Where your desk would be. The shop at the end of the street was always full, life felt rhythmic and safe, and that certainty felt like the same thing as being okay. And then the shelves went empty. Almost overnight. What Diana traces in this book is how that world — its certainty, its collapse, its particular way of not doing emotions — became the soil in which her patterns grew. Not because anyone meant harm. Because that is simply how it passes from one generation to the next. The reader does not need to have grown up in communist Bulgaria to recognise this thread. Every household has its own version of the unspoken rules.

The Inheritance

The book explores inheritance in both directions — the wounds and the gifts. The wounds: a father who stored his feelings in a deep dark place and passed that storage on as strength. A sentence — *strong girls don't cry* — said with pride, with the arm around the shoulder, with the best intention in the world. The gifts: a father who flew when others froze. Who made a game out of a gas shortage and a twelve-kilometre walk. Who passed on the belief that something is always possible, even when everything looks impossible. Both are inheritance. Both shape us. Both can be examined.

The Pattern of Strength

One of the most universal threads in this book is the cost of performing strength. *Strong girls don't cry.* Feelings were meant to be stored somewhere deep and out of sight. This pattern shows up differently in different lives. For some it is strength. For others it is selflessness, or usefulness, or being the responsible one, or never asking for help. The name changes. The mechanism is the same: a feeling learned to make itself small so that a role could be performed.

The Love Story as a Mirror

The relationship between Diana and Nasko is not simply a love story. It is a mirror. It shows — in very specific, lived detail — what it looks like when two people who have both inherited patterns try to build something together. The book asks: what do we bring into our closest relationships without knowing we are bringing it? What do we expect? What do we fear? What do we need that we were never taught to ask for?

Belonging and Becoming

A significant thread in the book is the experience of immigration — of arriving somewhere new without the language, without the context, without the certainty of knowing what the rules are or whether you belong. But Diana uses immigration as a lens for something much larger: the experience of becoming. Of leaving the world that shaped you and discovering, on the other side of that leaving, who you actually are when no one is deciding for you. This thread is not only for immigrants. It is for anyone who has ever had to become a different version of themselves in a world that did not yet have a place for them.

Different stories in this book will land differently for each reader. That is not a flaw — it is the design. We each carry different patterns from different histories. The conversation your group has will be unlike any other group's conversation about this book. That is exactly as it should be.

COMPONENT 4

Invite Diana to Your Meeting

Diana loves meeting book clubs. If your group has read *Generational Resilience: Breaking Generational Cycles* and would like to have a conversation with the author — she says yes whenever her schedule allows.

A visit is not just a Q&A.; Diana can bring the full range of what she does into the room with your group. Here is what a visit can include — you choose what feels right for your group:

Questions and conversation

Your group brings the questions, Diana brings honest answers. About the book, the stories, the writing process, the things that did not make it onto the page, and anything else your group wants to explore.

A short guided exercise or meditation

If your group wants to go deeper into the work itself, Diana can bring a short guided experience drawn from her RTT practice. Something your group can take with them after the meeting ends.

A conversation about the work

If anyone in your group is curious about RTT, hypnotherapy, or how Diana works with clients, she is happy to talk about her practice and answer questions.

A typical visit runs between 30 minutes and two hours — Diana is flexible. You know your group best, so tell her what you are hoping for and she will shape the visit around that.

For book clubs in the Seattle area — Diana is also available for in-person visits. If your group meets locally and would like to host Diana in person, reach out and let her know.

There is no charge for book club visits.

How to Request a Visit

Diana would love to know a little about your group. When you reach out, please share:

- The name of your group and how long you have been meeting together
- How many members you have
- How many books you read together in a year

- What made your group choose this book
- Your preferred meeting date and time (and time zone)
- Whether you are requesting a virtual or in-person visit (Seattle area)
- Whether you would like Q&A, a guided exercise, or both
- Whether you prefer Zoom, Google Meet, or another platform for virtual visits

Email: diana@revealedmind.com

Request form: revealedmind.com/book-clubs

COMPONENT 5

Further Reading

Books that pair well with Generational Resilience: Breaking Generational Cycles

These are books Diana has read and found meaningful — in her own journey, in her clinical work, and in the conversations that matter most to her. They are offered here not as homework but as invitations. If the conversation your group had tonight opened something in you, one of these might be the next right book.

It Didn't Start With You — Mark Wolynn

The most direct companion to this book. Wolynn explores how trauma and fear are inherited across generations — often without any conscious awareness — and offers a framework for tracing inherited patterns back to their source. If *Generational Resilience* opened the question, this book offers one way deeper into the answer.

It's Not You — Ramani Durvasula

For anyone who recognised a difficult relationship dynamic in these pages — with a parent, a partner, or themselves. Dr. Ramani writes with clarity and compassion about the patterns we absorb in relationships and what it actually takes to see them clearly.

The Body Keeps the Score — Bessel van der Kolk

One of the most important books written about how our experiences — and the experiences of those who came before us — live not just in our minds but in our bodies. Essential reading for anyone curious about the connection between inherited patterns and physical experience.

Adult Children of Emotionally Immature Parents — Lindsay Gibson

Quietly one of the most recognised books in this space. Gibson writes about what it means to grow up with parents who — through no malice, often through their own unprocessed inheritance — were not emotionally available. The recognition it generates in readers is extraordinary.

Good Morning Monster — Catherine Gildiner

Five extraordinary case studies of people who survived difficult childhoods and found their way to healing. Written by a psychologist with the same warmth and honesty Diana brings to her own work. For book clubs, this one generates remarkable conversation.

Finding Me — Viola Davis

A memoir of extraordinary courage and honesty — about poverty, trauma, identity, and the long journey toward becoming the author of your own story. Davis writes about generational inheritance without using that language, and the result is one of the most powerful accounts of cycle-breaking in recent memoir.

Daring to Drive — Manal al-Sharif

A memoir about one woman's fight for the right to drive in Saudi Arabia — and everything that fight revealed about the beliefs she had inherited about who she was allowed to be. Courageous, specific, and deeply resonant with the themes of this book.

Mothers Who Can't Love — Susan Forward

For anyone who recognised the mother-daughter thread in *Generational Resilience*. Forward writes with directness and compassion about the patterns that travel from mother to child — and what healing actually looks like when the source of the wound is someone you love.

Becoming Supernatural — Joe Dispenza

For readers who want to understand the science and practice behind what Diana does in her RTT work — how the mind shapes the body, how beliefs create biology, and what becomes possible when we consciously interrupt patterns that have been running on autopilot.

Spare — Prince Harry

An unexpected entry — but one that belongs here. A memoir about growing up inside a system that decides who you are allowed to be, the cost of performing a role that was never yours, and the courage it takes to finally step outside it. More relevant to this book's themes than its public reception suggested.

Ready to go deeper into your own patterns?

Diana has created a free five-minute Generational Pattern Assessment. It helps you identify which patterns are quietly shaping your life across five areas: emotional wellbeing, relationships, finances, self-worth, and family dynamics. There are no right or wrong answers. Only honest ones.

Take it at: revealedmind.com/generational-pattern-assessment

Want to work with Diana directly?

Diana works with clients one-on-one through her practice, Revealed Mind. She specialises in RTT — Rapid Transformational Therapy — a method that combines hypnotherapy, psychotherapy, NLP, and CBT to identify and transform the root cause of limiting beliefs, often in a single session.

revealedmind.com | diana@revealedmind.com

@revealedmind on Instagram, Facebook, TikTok and YouTube