

Chasing Slow

Erin Lechner

A discussion guide for the Simple Scrapper Book Club.

QUESTION // Q1. Were you familiar with Erin Lechner of Design for Mankind before reading the book?

QUESTION // Q2. What are your overall impressions of the book? Did you enjoy it? Strengths and weaknesses?

QUOTE // In my mind's ocean are jaws of depression, tentacles of anxiety. I live daily in the hope that if I work hard enough, if I paddle fast enough, I might outswim the sadness. I might outsmart the tension. I might overcome life's ambiguity with sheer will, force of mind.

QUESTION // Q1. We are all wired differently. Does this sound familiar or unfamiliar to you? How do you think your answer impacts your impression of the author/book?

QUOTE // I later learned that thinking about living is not the same as living.

QUESTION // Q2. How does this play out for you in your own life, personal growth journey, and in scrapbooking?

QUOTE // God will not give us more than we can handle, the saying goes. But what does it say about what we give ourselves? What then?

QUESTION // Q3. Let's take this directly to scrapbooking. How do you make your scrapbooking itself too hard or your life such that it makes scrapbooking harder?

QUOTE // You can understand how, in my season of subtraction, of stripping, of hitting rock bottom—the foreclosure, the bankruptcy, the death of a parent—I craved addition. You can feel how I sought wholeness, achievement, contentment.

QUESTION // Q4. What might you have added in your search for simplicity?

QUOTE // Are we all inhaling intoxicating Pinterest fumes? An oxygenated reality? And if so, can we call it true inspiration? The definition of inspiration is the drawing of breath, an inhalation, a gasp. A filling-up that offers an abundance of energy for your day, for the task, for that project, for this life. Are we being inspired when we are meant to inspire? Are we being inhaled when we are meant to inhale? Pinterest has contributed to a society of hopeful expectation. There is always a better idea, a quicker solution, an available tutorial, and there is always more to be done. There is always a newer product

to discover. There is always a snack upon which your lion can feed. But sometimes we're meant to close our eyes, to inhale and exhale, to breathe in and breathe out. Sometimes the best we can do is to shut our eyes to the pink Smeg on Pinterest and open our eyes to our dated white fridge, the smudgy one with our dentist appointment reminder, the report cards, our grandmother's pickle recipe. Because I can tell you one thing that I know to be true. There is no better Pinterest recipe than your grandmother's pickles.

QUESTION // Q5. What is your relationship with Pinterest? Has it helped or hindered you?

QUOTE // There is only today, with holes in our pockets, with time spilling out. We cannot keep it for tomorrow. We cannot mend our seams to hoard, save, carry. Ask a bird how to fly, and it might tell you to remove the weight from your wings.

QUESTION // Q6. What is one weight you can lessen in the coming weeks?