

Guided Reading and Discussion Questions: *All About Love* by bell hooks

- 1) While love is a universal desire for humans it is also a word that is hard to define. How do you define love? Does that definition change when referring to different forms of love?
- 2) In the preface, hooks writes, "love returns us to the promise of everlasting life. When we love we can let our hearts speak" (p. xi). What does this mean to you?
- 3) hooks describes the inspiration and solace she finds in graffiti art declaring, "The search for love continues even in the face of great odds" (p. xv). Where have you found similar signs that have restored your faith in love?
- 4) hooks defines love as "the will to nurture our own and another's spiritual growth" (36). How does this definition fit with your own experiences/recovery/work in this profession? How do you feel about this definition
- 5) If we must sacrifice "our old selves in order to be changed by love" (p. 188), what is it that we're giving up? How does this relate to your own experiences/recovery/work in this profession?
- 6) The book discusses several barriers that society has created that prevent people from experiencing love. How has the media, capitalism, greed, sexism, materialism, and the nuclear family affected your life and ability to practice love?
- 7) Look over the chapter titles in *All About Love*. If you were to add a chapter, what would it be? (spoiler alert mine would be a chapter on Substance Use and Recovery. If you were contributing to this chapter, what would you include?)
- 8) Considering hook's vision, how is love feminist?
- 9) Considering hook's vision, how is love anti-racist?
- 10) Has reading this book contradicted or challenged your views on love? Has your definition or perspective of love changed?
- 11) What role does love play in substance use and recovery work?