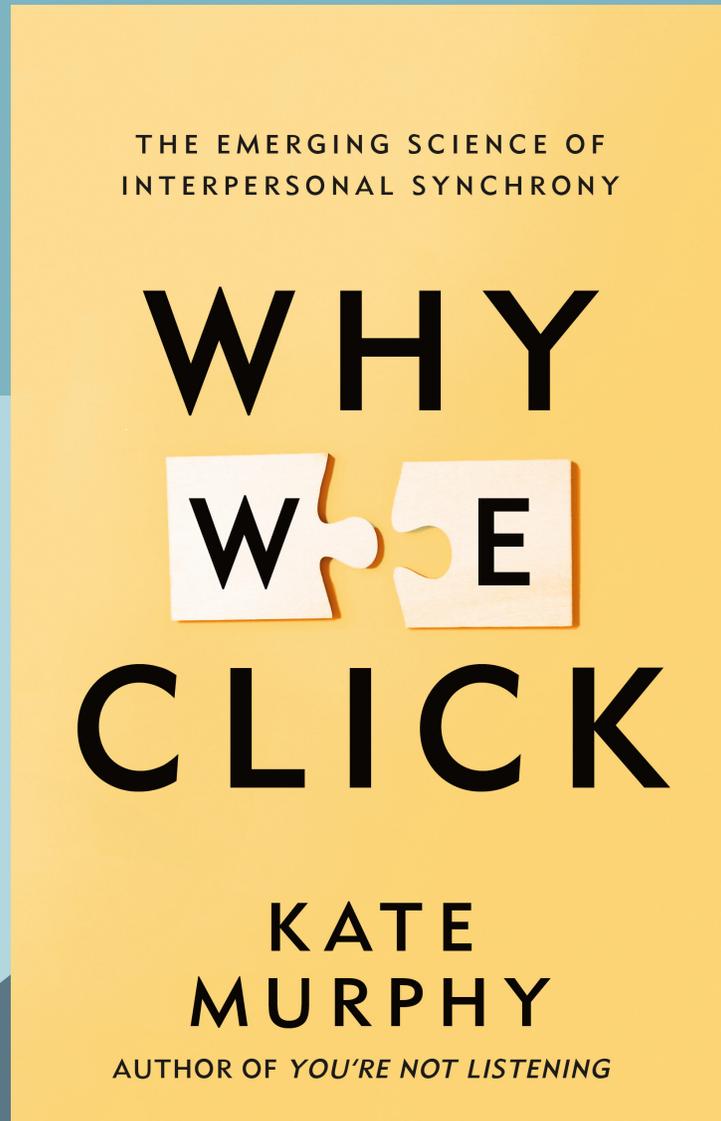


BOOK CLUB KIT



“In a world where loneliness is skyrocketing and connection feels harder than ever, Murphy’s book is a must-have resource. *Why We Click* is a fascinating, science-backed reminder that the joy we seek so often begins in rhythm with the people around us.”

—LAURIE SANTOS

Professor of Psychology at Yale University and host of *The Happiness Lab* podcast

DISCUSSION QUESTIONS

1. Can you think of instances when you immediately clicked with someone or were perhaps turned off or got a bad vibe? How did reading about interpersonal synchrony change the way you think about how we form these kinds of instantaneous feelings and impressions?
2. Are there people in your life who are “hard to be around” versus “easy to be around”? Did the book make you more aware of how people affect you not only emotionally but also physiologically?
3. Do you feel things or do things around certain people that you don’t do ordinarily? How might interpersonal synchrony explain that?
4. What joint activities or shared experiences make you feel “at one” with those around you? Singing at church? Walking or running with others? Dancing? Attending political rallies, performances, or lectures? Watching an eclipse?
5. Have you ever been swept up in the emotions of other people, on- or offline?
6. Have you ever fallen out of sync with someone? Did the book give you a deeper understanding of why that might have happened and why it isn’t necessarily a bad thing?
7. Can people “fake” being in sync, or is true connection always authentic and involuntary?
8. Have you ever walked into a room and felt a weird vibe? Did you later find out why things seemed “off”?
9. Chapter 3 focuses on the bad apple effect. Have you experienced a “bad apple” or felt someone’s negative energy in a workplace or social setting? What was that person’s impact on the collective mood and functioning of the group?
10. Can you think of people who are “good apples” who tend to leave you feeling energized and upbeat or perhaps make you feel more relaxed or calm?
11. If moods and attitudes are contagious, what responsibility do we have to manage our own energy whether at work, out with friends, or at home with our families?
12. What structural changes or leadership strategies beyond simply avoiding or removing bad apples might mitigate the spread of “toxic vibes” in a group?

DISCUSSION QUESTIONS

13. Chapter 7, “Don’t Over-Sync It,” addresses our tendency to mirror others’ emotions to an unhealthy degree. Have you experienced this “over-syncing” phenomenon? What specific strategies did you learn in the book that might help you avoid getting sucked into someone else’s emotional vortex?
14. Do you think our desire to connect is thwarted by modern life? How does technology — texting, video calls, social media — affect our ability to synchronize with others?
15. The book explores how synchronization can give the illusion of telepathy or mind reading (“I was just thinking about you”). Have you ever experienced an uncanny coincidence or developed what turned out to be an eerily accurate hunch about someone?
16. How might you apply what you learned in the book to build stronger or more meaningful connections in your professional and/or personal life?
17. Have you ever had a parasocial relationship with a fictional, famous, or historical figure? How has the book changed the way you think about such imaginary attachments?
18. Are you in sync with your pet? What emotional and physiological effect do you have on your pet and vice versa?
19. How do you feel when you are in nature? How might the human instinct to sync explain your feelings?
20. Have you or anyone you’ve known ever felt an almost humanlike affection for (or even named) a car or boat? Did the book give you insight into such anthropomorphism?



CELADON
BOOKS

If you decide to adopt *Why We Click* for your book club, we would love to hear about it! Please let us know by emailing us at reader@celadonbooks.com or post on social media using the hashtags #CeladonBookClub and #WhyWeClickBook.