

BOOK CLUB COMPANION

A guide to deepen your reading experience

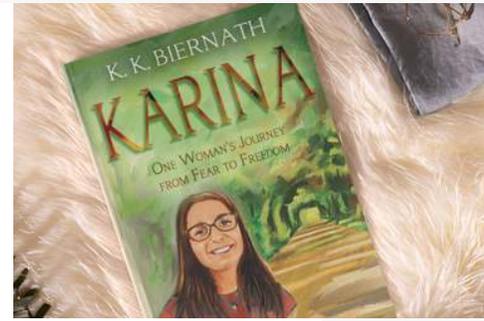


KARINA

One Woman's Journey from Fear to Freedom

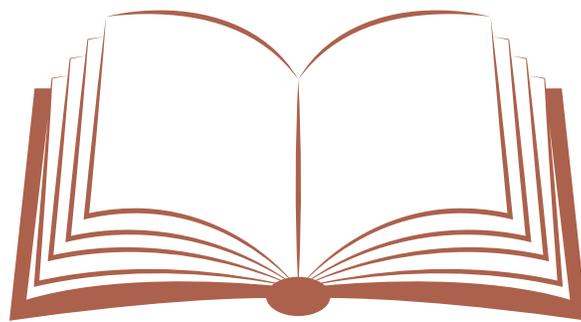
by K. K. Biernath

WELCOME



This companion was created to **enrich your reading experience** and to invite meaningful conversation within your book club. Inside, you will find a carefully selected excerpt, reflective questions, discussion topics, and a deeper look into the themes that shape *Karina: One Woman's Journey from Fear to Freedom*.

Whether you are gathering in a cozy living room, a library corner, or online across countries and time zones — this guide is here to help you connect, reflect, and explore the story on a deeper, more intimate level.





ABOUT THE AUTHOR

K. K. Biernath is a Polish-born author, poet, and speaker whose work explores vulnerability, courage, and the inner landscapes of women's lives. After moving to the United States in 1999, she built a life of success and responsibility—yet found herself deeply disconnected from her own needs and identity.

Her creative journey began as an act of healing. What started as a private letter to her children grew into a memoir about breaking patterns, reclaiming her voice, and choosing a life built on authenticity. Today, she writes and speaks with honesty, warmth, and a devotion to truth.

Karina lives in Pennsylvania, where she continues to write, teach yoga, and share her story with readers who seek courage, clarity, and freedom.



ABOUT THE BOOK

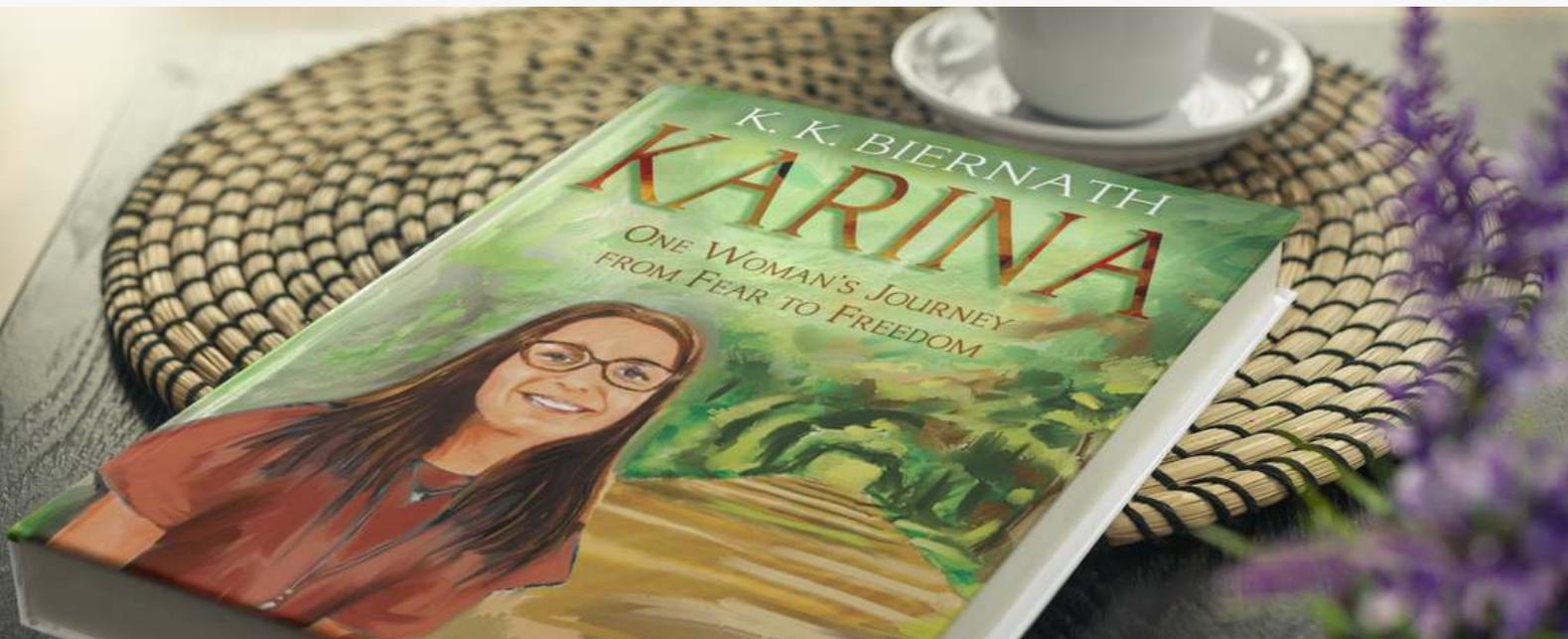


Karina: One Woman's Journey from Fear to Freedom

A poignant memoir about **rediscovering oneself** and finding the courage to step into a life aligned with the heart. It offers a raw, emotional look at motherhood, marriage, identity, healing, and the quiet forces that shape our choices.

This story opens the door to:

- honest conversations about the complexity of being a woman and a mother,
- sharing personal stories, fears, and triumphs,
- reflecting on the moments that change us,
- understanding how ordinary lives can hold extraordinary transformation.



WHY THIS BOOK MATTERS FOR BOOK CLUBS?

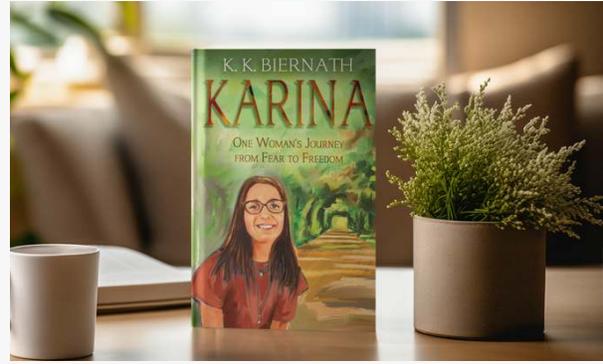


This memoir invites readers to sit with difficult questions, rediscover forgotten parts of themselves, and speak openly about the quiet truths they rarely voice.

Whether your group is deeply reflective or simply curious, this book gently guides **meaningful discussion**.

It encourages emotional honesty, connection, and conversations that linger long after the meeting ends.

PROLOGUE EXCERPT



Some moments arrive like a whisper... and yet they split a life wide open.

“We are done!” I said to my husband of seven years. We sat on the couch in the living room, sipping our morning coffee and watching the news. It was a beautiful summer morning—August 2, 2021—in a small town in Pennsylvania.”

“I cannot live like this anymore,” I said, sadness in my tone. I didn’t plan to make any changes to my life that morning. A simple question—“How are you?”—opened a stream of emotions I did not expect.”

“I told you for years I want to be a mom. I want to stay home with the kids. I want to take care of them and help Timothy walk!” Tears ran down my face... “And...I want to go home, to Poland!”

It was a moment that began with a cup of morning coffee — and ended with a life forever changed.

“But how did I get to this breaking point?”

Excerpt from the Prologue of Karina: One Woman’s Journey from Fear to Freedom



DISCUSSION QUESTIONS

SPACE FOR YOUR THOUGHTS AND REFLECTIONS



- What **inspired** Karina to turn a deeply personal experience into a public memoir?

- Was there a moment in the book when you felt her **transformation** begin?

- What do you think was the most important **first step away** from fear?





DISCUSSION QUESTIONS

SPACE FOR YOUR THOUGHTS AND REFLECTIONS



- How does Karina's story **mirror** the inner lives of many modern women?

- Which piece of **advice** from her journey resonates with you the most?

- Is **freedom** a destination or a process? How does the memoir explore this?





DISCUSSION QUESTIONS

SPACE FOR YOUR THOUGHTS AND REFLECTIONS



- Were there parts of her story that were **difficult** to read — or that felt deeply familiar?

- What is one key **message** or takeaway you believe every reader should walk away with?

- What does it take to truly **change** one's life?





DISCUSSION QUESTIONS

SPACE FOR YOUR THOUGHTS AND REFLECTIONS



- What does it mean to live with both **strength and tenderness**?

- Is it possible to **create** the life you desire — even after years of fear or uncertainty?

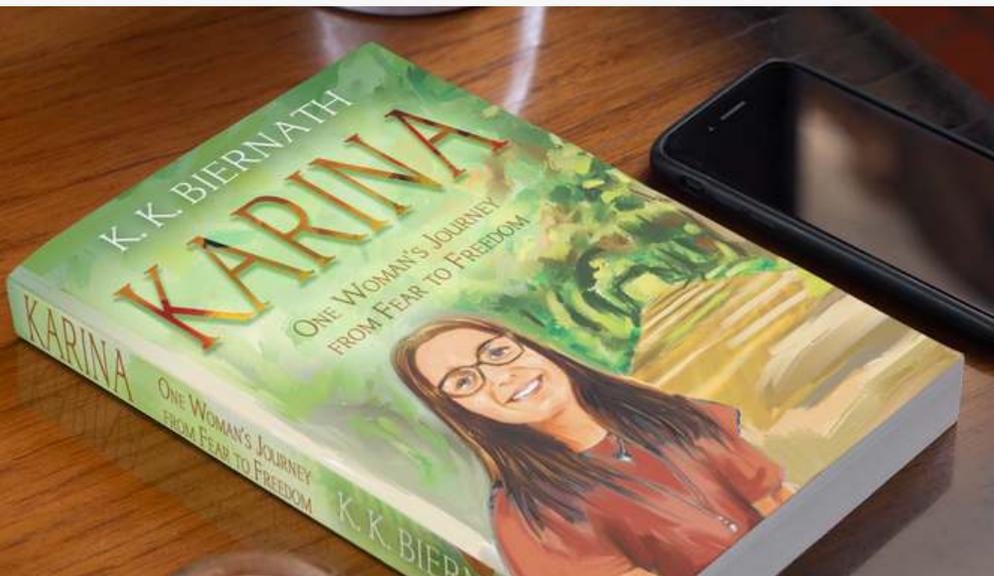
- What is your definition of **freedom**?



THEMES & SPEAKING TOPICS



- Embracing vulnerability to find strength
- The path of “unbecoming”
- Writing your way to healing
- Boundaries: the language of freedom
- Silencing the inner critic
- The art of letting go
- Finding purpose through pain
- Rebuilding a new life
- Reframing uncertainty
- Healing from emotional or spiritual trauma
- Writing as a tool for reclaiming self
- The courage to share your truth publicly



GUIDING MESSAGE



Her message is simple, yet powerful:

You are allowed to have your own needs.

You are allowed to begin again.

You are allowed to create a life that is truly yours.

And you can create it — with Love and Kindness.

Karina brings honesty, warmth, and lived wisdom to every conversation. Through her journey of losing herself, breaking open, and finding healing, she reminds us that transformation often begins quietly — with a single moment of truth.

FOR YOUR BOOK CLUB

If your group is ready for depth, honesty, and a conversation that lingers — this memoir may be the perfect choice.

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