

Explosions of Joy

Reading Log

The book is divided into ten chapters. Use sticky notes or write in the margins at places in each section when you find parts that relate to one or more of the strands. Then fill in the log on the next page with at least two quotes from each section.

Preface and Chapter 1:

Keep the preface in mind as you continue reading the rest of the book. What universal truth about humanity is representative in Paul's experience in learning about his heart condition? Also comment on the structure of the text which uses the literary technique of flashforward. How does this strategy engage the reader?

Chapters 2-3

Identify the "inciting incident" in the story. This is the biggest problem or controversy that Paul Yin faces which fuels all of his next steps. Also identify a few of Paul Yin's acquaintances and/or experiences that begin to shape his personal growth.

Chapters 4-5

Paul Yin talks about several struggles he faced while trying to help others. Make a note of the ways Paul actually showed personal growth while he faced those struggles. Be sure also to identify any similarities and differences between SARS (1) and what we now know about our experience in the US with COVID-19.

Chapters 6-9

The author writes at length about the emotional highs and lows throughout his professional and personal life. Identify some of the key people involved where Paul tends to struggle. Were you familiar with the field of psychology before reading this book, or were you learning about it for the first time? How did reading the book affect your ideas about mental illness and ways it has been dealt with in other countries such as China and Africa? Is the primary conflict in this book man versus man? Man versus society?

Chapter 10

Despite the title, this chapter deals with a lesser-known tragedy, but it seems to be the most significant for Paul. Describe the most important lessons Paul learns and teaches through this chapter. In what ways does this experience seem to stretch Paul and help him grow?

Chapter 11

The final scenes of this book center around the disappearance of MH370. What did you already know about the disappearance? In what ways does this chapter shed light on during this tragedy that the general public wouldn't be inclined to consider. In what ways specifically did the Asiana Airlines flight 214 disaster prepare Paul Yin to deal with MH370? Identify specific ways you can see Paul's personal growth along with growth in those he helps.

SECTION	TEXTUAL EVIDENCE/QUOTE (include pg. #)	HOW IT RELATES TO THE DISCUSSION QUESTIONS
<p>Preface Chapter 1 "Inhale"</p>		
<p>Chapter 2 "Look! I'm Still Flying" Chapter 3 "Broken Compass"</p>		
<p>Chapter 4 "Following the Comet" Chapter 5 "Airborne"</p>		

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SECTION	TEXTUAL EVIDENCE/QUOTE (include pg. #)	HOW IT RELATES TO THE DISCUSSION QUESTIONS
Chapter 6 "A Star is Born" Chapter 7 "Finding True North" Chapter 8 "The Earth Quakes" Chapter 9 "Gentle Footprints"		
Chapter 10 "Descent Below Visual Glidepath"		
Chapter 11 "Heaven's Breath"		

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