



February 2024 Book:

How to Know a Person. The Art of Seeing Others Deeply and Being Deeply Seen

By David Brooks

Compassionate Houston's 1st seasonal book study 2024 was facilitated by Marlin Murdock and Pam Lewis this February. Due to high demand, two four-week studies met in February, followed by a third study in March. The author, David Brooks, joined us for a 30-minute Q&A session in mid-February.

EPILOGUE

As we conclude our "study" of "How to Know a Person" and our experience as a "community of truth," we invite you to reflect on the journey we have undertaken. We hope the study notes, reflective questions, and our conversations have served as a guide in navigating this vast terrain of human connection, understanding and empathy.

We invite you to pause and to consider the profound lessons learned and the path ahead.

Celebrating Understanding: The heart of this journey lies in the celebration of understanding. Through the wisdom imparted by David Brooks in this book and in his conversation with us, we delved into the art of truly seeing others, recognizing their struggles, and embracing their strengths. The power of understanding, hopefully, has illuminated our interactions, fostered new and existing connections that go beyond the surface.

Reflecting on Growth and Change: We invite you to take a moment to reflect on how you have grown. The content and discussion have been steppingstones toward a more profound connection with us and others. Recognize and acknowledge shifts in your perspective, the deepening of your empathy and the strides made in your ability to truly know and be known.

Cherishing Connection: The threads of connection woven through the chapters of this book and experienced in our interactions with one another have formed a tapestry of significance. Each interaction, every shared moment, and our increased ability to ask the right questions contribute to the fabric of your relationships. Cherish these connections, as they are the essence of a meaningful life.

Acknowledging Challenges: This journey of understanding is not without its challenges. Recognize and honor the hurdles we face — the difficult conversations, the moments of discomfort, and vulnerabilities to be experienced. These challenges are essential to the process of growth and connection.

Looking Forward: As we close the chapter on this book, consider the future. How will you carry the lessons of “How to Know a Person” into your daily life? How will you continue to cultivate a culture of understanding and empathy in your relationships and interactions, both personally and professionally? We also invite you to consider the invitation below and join us for further study and exploration.

FURTHER STUDY AND EXPLORATION

An additional third study of “How To Know a Person” will begin on March 7. This study will include people who joined our waiting list in February and some February group 1 and 2 participants who wish to explore the book’s wisdom further. A cross generational team will facilitate the study to attract a cross generational group of participants, using a study guide for each chapter as the focus of our discussion and exploration. This study guide will not only provide insights and concepts, but it will also provide a practical roadmap utilizing exercises, reflections, and actionable steps to integrate these principles into our daily interactions and relationships.

MARK YOUR CALENDAR

Mark your calendar for our 2nd quarter book study in April, reading *Troubled: A Memoir of Foster Care, Family, and Social Class* by Rob Henderson. The book was highly recommended by David Brooks when he joined our February Zoom meeting.