

### 1: While I'm Falling - Reading Guide - Book Club Discussion Questions

*"While I'm Falling deftly captures the moment a child realizes that growing up means being responsible for your parents' mistakes--and preventing yourself from making the same ones. Laura Moriarty keeps getting better and better." To ask other readers questions about While I'm Falling, please sign.*

Laura Moriarty keeps getting better and better. What issues within their family are more visible after the divorce? Veronica often proclaims that she and her mother are very much the same, while Elise and her father are similar. Are Veronica and her mother the same? In what ways is Veronica also like her father? How much of their family dynamic is predicated on the assumption of these similarities and differences? Why do you think the author does this? What is gained from the change in perspective? There are many ways to leave someone stranded. Why do you think Veronica cheats on Tim? Natalie makes a lot of sacrifices to keep Bowzer in her life. What does Bowzer represent to her? Why is putting him down so unthinkable? Why does Natalie depend so much on Veronica? Do you think Veronica and Natalie depend too much on each other? Discuss the character of Haylie Butterfield. What is her place within the novel? What does she represent to Veronica? Why do you think she bails Natalie out of trouble? When Elise tells her family that she is going to become a stay-at-home mom, the reaction is extreme. Why does Natalie disapprove? Why does their father disapprove? Do you think she made the correct decision? In what ways does it suit her? Why does Natalie want to go look at the house in the cul-de-sac? In what ways do each of the characters find closure at the end of the novel? Discuss the title of the book. In what ways is Veronica falling? When does she begin to fall? How does she stop herself? In what ways do they help each other recover?

### 2: The Script - Breakeven Lyrics | MetroLyrics

*In While I'm Falling, Laura Moriarty presents a compelling depiction of how one young woman's life changes when her family breaks up for good. Ever since her parents announced that they're getting divorced, Veronica has been falling.*

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### 3: WHILE I'M FALLING Reading Group Choices

*In While I'm Falling, Laura Moriarty presents a compelling depiction of how one young woman's life changes when her family breaks up for good.. Ever since her parents announced that they're getting divorced, Veronica has been falling.*

However, also contained in this book is exploration of an example of how a long time marriage can end up in divorce. The book is structured around the parallel actions of a mother and her daughter, and as things develop their lives appear to be mirror images of each other. They both make mistakes, and they are both "falling" from their former lives into a potentially sad future. The angst of the mother-daughter relationship is thoroughly explored in this book as only the skillful writing of Laura Moriarty can do. They both make mistakes, and they are both "falling" from their former lives into a potentially sad future. The question is, will the daughter be doomed to suffer similar consequences to those of her mother? Conversely, can the mother learn from the daughter? The mix of family relationships includes the father, a second daughter sister, a prospective new step mother, and of course a whole host of other characters who add suspense, love, empathy and confusing complications to the story. Anybody who has experienced the tensions of college student life -- study time versus party time -- will be able to identify with the first person narrative of Veronica, the daughter who is a student at KU. The themes contained in this book will touch the lives of many readers. For those who finish the book, I believe it will enhance appreciation of their relationships with friends and family, and it will encourage their nurturing of personal relationships with loving care. It would be an interesting exercise to compare the two novels. That brings to mind my favorite George Eliot quotation. Another thought I had while listening to this book, "Youth is wasted on the young," George Bernard Shaw. This book also seems to be saying that experience is wasted on the old. After reading *The Center of Everything*, I was eagerly anticipating another wonderful book by the same author. The story line of a college age girl whose parents are getting a divorce simply felt contrived, flat and lacking of depth. This one was not an exception. I think Moriarty was trying to add suspense, but then the trucker just lets her out anyway. And then, Jimmy was the thug that bullied her like they were in 3rd grade. Totally unbelievable series of events. Certainly he would be bad, but how is he gonna bill her? And keep demanding rides? Even if she had to be there, having her mom recently deceased was too much. I get what Moriarty is trying to say about the sacrifices that mothers make both as people and workers, but I felt like allowing Natalie to give her perspective but not Dan the father was a bit slanted. Overall it was an okay read, but too contrived.

### 4: While I'm Falling - Tennessee READS - OverDrive

*While I'm Falling is a family drama, a coming of age tale, and a statement on modern society. More importantly to me, though, While I'm Falling is a beautifully written book that has haunted me for days.*

**Falling Sensation While Sleeping:** As it turns out, you are not alone. And while the reaction to the experience can vary from thrilling to surprising to frightening, you can learn how to work with your non-physical bodies and turn this experience into a positive one. What causes falling sensation while sleeping is the natural disengagement of the astral body psychosoma from the physical one, as a result of the relaxation achieved and the expansion of your energies. **Feeling of Falling while Sleeping:** Understand what Happens To understand the falling down feeling while sleeping, we need to understand what happens with us during our sleep cycle. We also need to understand the difference between the sleep state and being lucid. Our physical body needs sleep. We, as consciousness mind, soul, intelligent principle do not need to sleep. The physical body may be awake or asleep. The consciousness, on the other hand, can be lucid or not, and have different levels of lucidity at different points of time. When we combine both variables, we get some interesting results. Most people lose lucidity when their physical body goes to sleep. This is not something necessary however, it is only a force of habit that we have which makes us switch off lucidity as we are falling asleep. If you manage to stay lucid while your physical body goes to sleep, you will have an out-of-body experience or astral projection. When we take off with our astral body psychosoma during natural sleep, we usually float near the physical body. Most of us do not have lucidity while this is happening, in other words, we are unaware that we are out of the body and not in control of the experience. Since the astral body psychosoma does not have weight like the physical one, it tends to float out of the body. The separation of astral body from the psychosoma seems to be associated with the bioenergy recharge we receive from a good night of sleep. The dream of falling and the sensation of falling while sleeping stems from regaining lucidity when you are floating outside the body. Our brain normally tries to incorporate external sensations and stimuli into our dreams, especially when we are in the REM period close to the time when we wake up every day. This is something that happens so quickly that it can give the impression that the dream and the stimuli happened at the same time. In regards to the dream of falling, the sensation of falling from a few dozen inches above your physical body may be the trigger for a dream of falling into a well, or stepping into an endless abyss. **Falling Feeling while Sleeping: Another Hypothesis** A more elaborated hypothesis involves the difficulty our brain has to differentiate falling from floating. This is why people inside those specialised windowless airplanes that go very high and then enter a free fall think they are floating. They are actually falling at the same speed as the airplane, but because there are no windows for them to see a reference that would indicate falling, instead they think they are floating inside the airplane. In low lucidity conditions, the evaluation of our sensations can get fuzzy. Think of this scenario: At this level of awareness, it is just enough to feel the floating sensation, but not enough to wake up or to gain control of the experience. The fuzzy processing of the floating sensation can get translated into a falling sensation because falling is more likely to happen than floating in our waking experience. After that, your brain incorporates the mistaken falling sensation into a dream. When we wake up in the morning, we normally reconnect slowly to the physical body, as the psychosoma is gently attracted back to the physical body by our energies. If we wake up outside the body and reconnect suddenly, at once, the physical body rapidly integrates with the floating psychosoma, causing a jerk. **What You Can do About It** Since the sudden falling sensation during sleep is caused by the natural disconnection of the astral body, the best thing you can do to avoid this experience is to learn how to control the disconnection process. If you practice relaxation exercises while laying down, you will gradually become comfortable with deeper levels of relaxation and the consequent expansion of your energies. If you relax deeply enough, you may reach a point where you start feeling a floating sensation, or where you barely feel your physical body anymore. While it may sound counter-intuitive to produce the sensation that causes the free falling feeling while sleeping, the idea is to produce it at will, in a controlled way, so you feel comfortable with the sensation instead of being startled by it. When you get to the point of deeper relaxation, you can also learn how to reconnect slowly by

moving your fingers, just a little, and your toes, then moving your head, opening your eyes, while trying to be aware of the process of getting out of the relaxed state. Working with your own non-physical energies chi, prana and developing better control over your energy body can help you in this process as well. Want to know more about the sensation of falling while sleeping? Our free introductory seminar answers ALL your questions.

### 5: While I'm Falling | Laura Moriarty

*While I'm Falling* Laura Moriarty, Hyperion pp. ISBN Summary In *While I'm Falling*, Laura Moriarty presents a compelling depiction of how one young woman's life changes when her family breaks up for good.

### 6: While I'm Falling (Audiobook) by Laura Moriarty | [www.enganchecubano.com](http://www.enganchecubano.com)

The epigraph to *WHILE I'M FALLING*, taken from J. K. Rowling's commencement address at Harvard University in , perfectly sums up the theme of the novel: "There is an expiry.

### 7: Hypnic Jerks - The Reason Why We Twitch Before Falling Asleep

*While I'm Falling* takes place over the course of just a few days, a condensed time frame that grants the novel additional intensity. Readers, too, will want to absorb the book in a concentrated period of time, as they find themselves absorbed in both Veronica and Natalie's stories".

### 8: Falling Sensation While Sleeping: What it is & What to Do â€¢ IAC UK

In *While I'm Falling*, Laura Moriarty presents a compelling depiction of how one younger lady's life modifications when her household breaks up for good.

### 9: While I'm Falling by Laura Moriarty

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