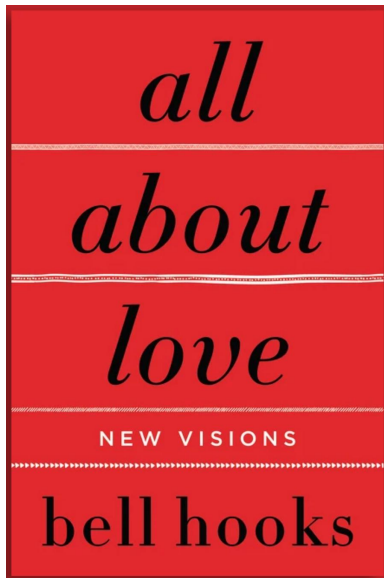




**May 2022 Book Club**  
**All About Love: New Visions**  
By: bell hooks



**Why Read This Book:**

For much of the new millennium, common language has swung into a state of hyperbole. From “I’m dying; that’s so funny” to “I am obsessed with your top” and “I am in love with that new album,” exaggerated speech has taken up much of our vocabulary. In *All About Love* by bell hooks, we’re challenged to examine the ways we use the word love and what exactly it really means to love.

hook’s main thesis throughout her work is that the term and use of the word ‘love’ has and is being used too loosely. She proposes shifting to a more active use of the term, using love as an active verb instead of a passive one.

Through this book, hooks attempts to define love and the recipe by which you can know that you know love is real. By consciously changing our vocabulary, our book club attempted to define love in our everyday lives, use the word more actively, and decide for ourselves the ways we want to use the word love moving forward.

The book is available for purchase [here](#).

Sign up for future Studio ATA O book club discussions [here](#).

## **Discussion Questions**

*Written by: Kariesha Martinez*

### **Group Exercise**

Let's go around and name something that you really love. Instead of saying that you love xyz, find a different way to express the way that you feel about that object that captures more detail of how and/or why you love that object, and how it makes you feel.

### **Discussion Prompts**

1. How have your definitions of love changed after your reading? Has there been any shift in your perspective? Have they manifested into specific actions?
2. Based on hook's definition and emphasis on self love, what are ways that you may have (sub) consciously been participating in self love?
  - a. How has your self love practice changed over time? Are there new ways that you want to adopt?
  - b. In what ways do you believe self care and self love differ? How does that tie into materialism and the performance of self love/care? Is there a difference between showing other people that you care for yourself, versus what hooks describes as radical self acceptance?
3. What are some ways gender norms affect, or have affected, the way you experience love?
  - a. How has it shaped your outlook on what you're expected to give and what you're expected to receive?
4. What place do you see repairing and restoring relationships with family members as part of the way to love others?
  - a. How do you practice love and acceptance when there has been harm done (i.e. in an abusive relationship)? Is that something that people would even want to do considering a previous relationship of harm?
  - b. When thinking about the relationship of aging parents, how does the burden of taking care of someone change whether you love someone or not?
5. How would you explain the concept of love to a 5, 15, and 25 year old based on the concepts in reading? Does your explanation change based on the age of the individuals?
  - a. Does your explanation change based on the gender or race of the individual (or other aspects of their or your identity)? What aspects of love would you emphasize or de-emphasize? What examples might you use?

6. Consider the act of telling white lies in a loving relationship, or other acts that may be slightly morally incorrect. Has love ever made you waiver your moral standing in the name of loving someone or keeping up a loving relationship? Why or why not?
7. How does the social component and norms of individualism versus collectivism affect your perspective on love? How might this play out in the ways love is understood and practiced in different cultural contexts?
8. How does situational context love change your definition of love? For example, in the workplace, within friendships, with families, etc?
9. With some of your learnings from this book, what are some ways you see these new standards of love can be used to fortify a community?