

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

The Ritual Effect: From Habit to Ritual, Harness the Surprising Power of
Everyday Actions by Michael Norton (2024, published by Scribner) – June 2025

DISCUSSION QUESTIONS

Consider the rituals you engage in and
when you use them.

Have you developed any new rituals?

Have rituals improved your well-being?
And if so, in what ways

READING TIP

Reading can be hard - don't
be upset with yourself if
you have difficulty reading
or understanding sections
of a book. Take it page by
page, and don't feel
pressured to finish. Reading
should be fun!

SUMMER RECIPE

Key Lime Cream Pie



I am very proud of this luscious
no-bake beauty. It's so cool and
refreshing—perfect for any
summer potluck or get-
together. Wherever I take this
pie, it quickly disappears, and
everyone asks for the recipe. —
Shirley Rickis, Lady Lake,
Florida

Learn how to make it here:

<https://www.tasteofhome.com/recipes/key-lime-cream-pie/>

WELL-BEING TIP

Awe has been found to
be associated with a lot
of positive mental health
and well-being outcomes
(Monroy & Keltner, 2022).
If you want to promote
well-being, try to find
ways to lose yourself in
something greater than
yourself, such as nature,
music, or your favourite
activity.

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today.
<https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Monroy, M., & Keltner, D. (2022). Awe as a Pathway to Mental and Physical Health. *Perspectives on Psychological Science*, 18(2), 309–320. <https://doi.org/10.1177/17456916221094856>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11.
<https://doi.org/10.3389/fpubh.2023.1117822>

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[The Ritual Effect: From Habit to Ritual, Harness the Surprising Power of Everyday Actions by Michael Norton \(2024, published by Scribner\) – June 2025](#)

Our lives are filled with repetitive tasks meant to keep us on track—what we come to know as habits. Over time, these routines (for example, brushing your teeth or putting on your right sock first) tend to be performed automatically. But when we're more mindful about these actions—when we focus on the precise way they are performed—they can instead become rituals. Shifting from a “habitual” mindset to a “ritual” mindset can convert ordinary acts from black and white to technicolor.

Think of the way you savor a certain beverage, the care you take with a particular outfit that gets worn only on special occasions, the unique way that your family gathers around the table during holidays, or the secret language you enjoy with your significant other. To some, these behaviors may seem quirky, but because rituals matter so deeply to us on a personal level, they imbue our lives with purpose and meaning. Drawing on a decade of original research, Norton shows that rituals play a role in healing communities experiencing a great loss, marking life's major transitions, driving a stadium of sports fans to ecstasy, and helping us rise to challenges and realize opportunities.

Compelling, insightful, and practical, *The Ritual Effect* reminds us of the intention-filled acts that drive human behavior and create surprising satisfaction and enjoyment.



[Michael Norton](#)

