



THE LAW OF THE GARBAGE TRUCK™

By DAVID J. POLLAY

READING GROUP GUIDELINES

If wisdom were offered me with the proviso that I should keep it shut up and refrain from declaring it, I should refuse. There's no delight in owning anything unshared.

—Seneca

I wonder if you do the same thing I do. When you discover something meaningful in your life—a new way of thinking, a strategy, or a philosophy—you tell all the important people in your life about it. You share what you have learned, and you ask what they think. You might even debate your new insight. If you do any of these things, you are not alone.

LEARNING TOGETHER

Learning is rarely an individual exercise. We learn by sharing.

Churches, temples, synagogues, and mosques host study groups. Businesses hold classes and meetings. Professional organizations run conferences. Friends organize book clubs, Bible study groups, and other get-togethers centered on common interests. Families share books, discuss ideas, and participate in activities together. And all of these efforts are what people have been doing with *The Law of the Garbage Truck*.

Business groups are talking about how to apply The Law and The Pledge to their customers, partners, teammates, and workplaces. Religious and spiritual groups are contemplating the lessons and discussing how they relate to scripture and sacred teachings. Group therapists are using the insights to help people reduce their anger and frustration and to help them focus on what is good in their lives. Holistic health groups are incorporating the lessons into their healing strategies, meditation classes, and exercise sessions.

WWW.THELAWOFTHEGARBAGETRUCK.COM

Now, with *The Law of the Garbage Truck*, groups have an opportunity to take their learning even deeper. They can read and study this book together. They can fully explore what it means to live life in a No Garbage Trucks! Zone and help each other honor and fulfill The Eight No Garbage Trucks! Commitments.

STUDYING WITH DAVID

I believe we all have a calling. Mine is to help people live more positive, engaged, and purposeful lives. This book helps me fulfill my mission. It allows me to connect with people wanting to live their best possible lives. For that reason, whenever possible, I have agreed to do book readings and give presentations by phone to interested reading groups.

If you would like me to speak to your reading group, email me at david@thelawofthegarbagetruck.com.

READING GROUP GUIDELINES

If you are interested in forming a group to study *The Law of the Garbage Truck* or if you are already in a group, here are a number of ideas to help you get the most out of the experience.

Prior to the Meeting

1. Decide how many chapters or sections of *The Law of the Garbage Truck* you will discuss at each meeting. Some groups will take a chapter or two at a time, others a section. Some groups, particularly monthly book clubs, will read the book from cover to cover before their meeting and then discuss it in its entirety.
2. Choose someone to lead each meeting.
3. Ask group members to answer the Action Guide questions that follow each chapter.
4. Ask everyone to take the quizzes “Are You a Garbage Acceptor?” and “Are You a Garbage Dumper?”
5. Set guidelines for the meeting. (A few of my suggestions follow.)

Beginning the Meeting

1. Group leaders summarize each chapter to be discussed. They review the key insights in each chapter.
2. Group leaders (or another member of the group) may also read aloud an entire story or a particular passage of a chapter before kicking off the discussion.

During the Meeting

1. Ask members to share their own personal experiences similar to the ones discussed in each chapter.
2. Ask members to share how they applied the insights in the chapters to their lives. Ask them what happened when they did. How did it help them?
3. Ask members to share their answers to each Action Guide question.

4. Ask members to share their insights after taking the quizzes “Are You a Garbage Acceptor?” and “Are You a Garbage Dumper?” Ask them what they have been doing well. What was surprising? How can they improve?
5. Ask members to connect the lesson of each chapter to one of the sacred passages, biblical verses, or quotations at the beginning of each chapter. There is much to be learned by referring to the great works of religion, philosophy, history, psychology, and the arts.
6. Ask members to relate the message of the chapter in discussion to the values, standards, and missions of their organizations or businesses.
7. Ask members to discuss how they can create No Garbage Trucks! Zones in their lives, families, organizations, and companies.

General Guidelines

1. Seek to learn as much as you can from each other.
2. Encourage all members to share their ideas.
3. Have one person speak at a time.
4. Avoid side conversations whenever possible.
5. Agree to have spirited debates, but don’t argue.
6. Set discussion time limits if needed.
7. Gently ensure that no one dominates the discussion.
8. Make sure the meetings are engaging and enjoyable.
9. Remember, improving our lives, not perfecting them, is the goal.

OTHER STUDY GROUPS

Couples, siblings, friends, and teammates can also discuss how this book relates to their lives and share their answers to each Action Guide question. When people discover together how to achieve greater success and happiness in life, they open up new dimensions in their relationships and deepen their bonds.

The final and best advice for all of us when we study together is to follow the example of the ancient philosophers and religious scholars—fully engage our energy, attention, and commitment to our shared learning. By discussing, contemplating, and exploring everything, we get the most out of our experience with this book and with each other.

To learn more about *The Law of the Garbage Truck* reading groups, visit:
www.thelawofthegarbagetruck.com