

ROOTED

BOOK CLUB DISCUSSION QUESTIONS



Rooted is more than a memoir—it's an invitation to remember and reflect. These questions are here to spark conversation and connection. There are no right or wrong answers—just share what speaks to you and listen with an open heart.

1. *Rooted* explores the idea of inheritance beyond material things. What invisible legacies—beliefs, habits, traditions—have been passed down in your family, and how have they shaped you?
2. Michell writes about discovering her rare East African haplogroup. How does learning about our origins shift the way we see ourselves in the present?
3. The book highlights both strength and silence in the women of Michell's line. Do you believe silence can sometimes be a form of survival or resistance? Why or why not?
4. In what ways do you think we unconsciously carry the burdens or dreams of our ancestors? Can you share a moment where you felt that weight—or that gift—in your own life?
5. Faith is a recurring theme in *Rooted*. How do you see the tension between faith inherited from others and faith you've had to claim for yourself?
6. If your foremothers were in the room today, what one question would you want to ask them?
7. The memoir blends personal story with cultural history. How did that combination impact your reading experience? Did it make the history feel more personal?
8. Toward the end, Michell offers a "closing benediction" that honors Black women. How do you think blessing or honoring our ancestors can heal us today?
9. If you had to name one "root" that grounds you—whether it's family, faith, culture, or something else—what would it be?
10. After reading *Rooted*, what changes (big or small) do you feel inspired to make in how you honor your own lineage?