Born To Rise

Book Club Discussion Guide

A story of resilience that proves rising is always possible.

Lorna Blake

Born To Rise
Book Synopsis

Born To Rise encompasses a young woman's journey from abandonment, abuse and rejection to her empowerment and success. It tells the story of a young girl who felt counted out, discounted and knocked down by the hand she was dealt at birth.

From being abandoned by her father at birth to abuse by her mother, the death of her beloved grandmother and sexual abuse by a stepfather, she felt she had been walloped by life.

How could she possibly climb out from under it? With the strength of her ancestors encoded in her DNA, she refused to stay down. She found a way to courageously rise from obscurity to infinite possibility.

She shares her story with humor, eloquence and wisdom to inspire others to recognize they too have the power to climb out from under and create a fantastic comeback from life's setbacks.

A story of resilience that proves rising is always possible.

About the Author
Lorna Blake

Lorna Blake is an international Motivational Speaker, Author & Success Coach.

She was born to a poor teenage mom on her grandparents farm in rural Jamaica. During her early years she experienced poverty, abandonment & abuse. At age 19 she boarded a plane on her own and moved to Canada where she struggled for several years to find herself and her life's purpose.

Her passion for helping others has led her to live and work in five different countries where she's taught, coached and inspired thousands from many cultures and walks of life.

Her compelling story of confronting the truth of her paternity was featured in an anthology No More Chains: It's Time For Change (2018) and a film/documentary of the same name which played in select theaters (2019).

Her memoir Born To Rise is an autobiographical account of her life and lessons learned from the school of setbacks.

Discussion Guide

Born to Rise: A Journey from Setbacks to Comebacks and Lessons Learned

Theme 1: Learning the Lesson Without Living in the Pain

- How do you distinguish between honoring a painful experience and staying stuck in it?
- Was there a moment in the book where learning the lesson felt more important than reliving the hardship?
- What has life taught you through a challenge that you no longer need to revisit emotionally?

Discussion Guide

Born to Rise: A Journey from Setbacks to Comebacks and Lessons Learned

Theme 2: Gratitude as a Source of Inner Power

- How did gratitude show up in the story—even during difficult moments?
- Has gratitude ever helped you reframe a situation you couldn't immediately change?
- What role does gratitude play in your life today?

Discussion Guide

Born to Rise: A Journey from Setbacks to Comebacks and Lessons Learned

Theme 3: Believing Beyond Logic (Miracles)

- What does the word ‘miracle’ mean to you personally?
- Was there a moment in the book where something unexpected shifted the trajectory of the story?
- How do you stay open to possibility when outcomes seem unclear?

Discussion Guide

Born to Rise: A Journey from Setbacks to Comebacks and Lessons Learned

Theme 4: Turning Growth Into Service

- How has your lived experience shaped how you show up for others?
- Have you ever noticed your struggle later becoming someone else's encouragement?
- In what small way might you share what you've learned?

Discussion Guide

Born to Rise: A Journey from Setbacks to Comebacks and Lessons Learned

Theme 5: Rising Forward With Intention

- What does ‘rising’ look like for you in this season of life?
- Which lesson from the book feels most relevant right now?
- What is one gentle intention you’re taking with you after today?

Reader Reflections

A story of resilience that proves rising is always possible.

"An inspirational story full of promise and hope."
— Jim Alkon, BookTrib

"A roadmap to overcoming obstacles and finding the strength to rise above."
— Sojol Haldar, Goodreads

"A raw, courageous memoir... proof that rising is possible."
— Dalyn Miller, Goodreads

"A beacon of hope and resilience."
— Ashley Kinyanjui, Online Book Club

"A remarkable story... filled with infinite possibilities and truly inspirational."
— TQuin Johnson, BookLife

Author Conversation Invitation

Lorna Blake occasionally joins book club discussions virtually for a short conversation and Q&A when scheduling allows.

If your group would enjoy connecting with the author to discuss the themes of Born To Rise, share reflections, or ask questions about the journey behind the book, you are welcome to reach out.

Contact:
Lorna Blake
Email: Lorna@LornaBlake.com

Thank you for including Born To Rise in your reading and conversations.

Continue the Journey

If this story resonated with you, you can read the full book here.

Born To Rise: A Journey from Setbacks to Comebacks and Lessons Learned
by Lorna Blake

Kindle Edition — $0.99
Paperback — $9.99

Available on Amazon

Many readers have shared that Born To Rise inspired them to reflect on their own life journey. If you feel called to begin writing your next chapter, explore The Reinvented Life Journal + Guided Audio Experience, created to help women start their own reinvention.

Book clubs and reading groups are also welcome to invite Lorna for a short virtual conversation about the themes of the book.

For inquiries:
Lorna@LornaBlake.com