



my

kind

of

beautiful



Sable & Rosenfeld Spring Fresh Strawberry Rhubarb Pie

Lemon Tang Pastry
5 cups all-purpose
2 tsp granulated sugar
2 tsp salt
1/2 tsp baking soda
1lb cold lard
1 egg
1 tbsp lemon juice
cold water

In a large bowl combine flour, sugar, salt and baking soda. mix well.
With a pastry blender or 2 knives cut the lard until the mixture crumbles and resembles small peas. In a measuring cup combine egg and lemon juice, beat well, add water to egg mixture and measure 1 cup.
Pour over flour mixture stir until a ball of dough starts to form. Turn out onto a floured board, divide into 4 portions shaped into balls, wrap in plastic wrap. Press down to smoothen and push out any air.



You are
Stronger
THAN
YOU THINK

You're
worth more
than
you know!

Jane's
Jam

Inspiration to Create Your
Super Awesome Life



Get Your Book Club Kit Today!



Book Club Kit

Dear Bright and Beautiful Readers,

I'm happy you are here!

This Book Club Kit is for everyone in your group to download including discussion questions, recipes, a playlist, and ideas to enhance your event and book club experience with *Jane's Jam*.

These suggested questions aim to spark meaningful conversations and inspire new perspectives, for lively, meaningful discussion. I hope this guide adds a touch of inspiration to your gathering and enhances your enjoyment of this joyful, thought provoking playbook.

If you host or attend a book club, I'd love to join you virtually to discuss my books. Click on the button below to send your request to chat with me via Google Meet or Zoom.

I look forward to hearing from you and attending your book club soon!

Warmly & With Gratitude,

Jane 

[Request a Book Club Event !](#)

“*Jane’s Jam* can help any reader contend with unexpected change, and find light on the other side.”

—KELLEY HOLLAND, author of *You Are Worthy*

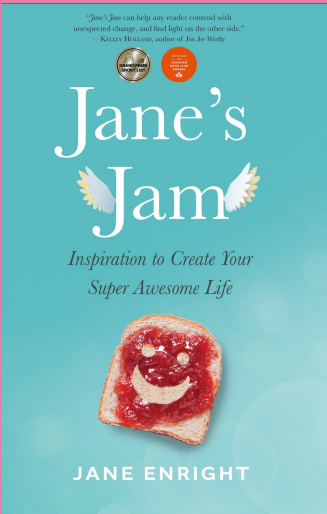


Jane's Jam

*Inspiration to Create Your
Super Awesome Life*



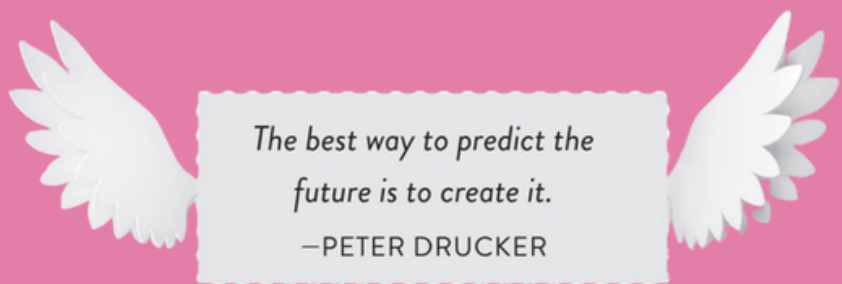
JANE ENRIGHT



Jane's Jam Book Club Questions

Designing Your Super Awesome Life

- 1. What was your overall impression of Jane's Jam? What stood out to you most?
- 2. Which chapter was your favorite, and why did it resonate with you?
- 3. Do you believe you can create happiness with the choices we make, not just find it?
- 4. What does a "super awesome life" look like for you—and how are you designing it, one choice at a time?
- 5. When have you made a small decision that led to big positive change?
- 6. How do you create happiness in your everyday life, rather than waiting to find it?
- 7. What does gratitude look like in action? How can you practice it more intentionally?
- 8. What's one area of your life where you've already proven you can create change?
- 9. If your future self wrote you a thank-you note for today's choices, what would it say?
- 10. What resources and strategies from Jane's Jam would you recommend to others to create and design their super awesome life?





🌸 1. “Chapters of Change” Themed Book Journey

Theme Focus: *Self-Discovery*

Enhancement Idea: Turn your book club into a personal growth mini-retreat focused on self-discovery, pair it with a reflection kit:

- **Self-Discovery Journal:** Provide beautiful mini-journals for members to jot down thoughts, favorite quotes, and self-reflection prompts (you can create or rotate responsibility for these).
- **Intro Activities:** Open each meeting with a “Share Your Chapter” moment — a 5-minute story or insight from a member’s life related to themes in Jane’s Jam
- **Personal Symbol Crafting:** After reading a book, have a mini DIY session where each member creates a small personal symbol (e.g., painted stones, bracelet charms) representing what they love about themselves.

🌸 2. “Fresh Starts & Firsts” Monthly Experience

Theme Focus: *New Beginnings*

Enhancement Idea: Make each month about trying something new that ties into the book’s theme.

- **New First Challenge:** After reading, challenge the group to do one “first” inspired by the book *Jane’s Jam* - whether it’s taking a dance class, writing a letter to their future selves, or trying a new cuisine.
- **Book-Inspired Potluck:** Have a themed dinner based on favourites, comfort, creativity, and joy encouraging exploration and connection.
- **Vision Board Night:** Kick off the new year or a new season with a vision board session after a book on reinvention or fresh starts.

🌸 3. “The Happiness Club

Theme Focus: *Creating Happiness*

Enhancement Idea: Combine your reading with real-life mood-lifting experiments.

- **Happiness Experiment of the Month:** Pick one science-backed activity from Jane’s Jam — like gratitude journaling, volunteering, gardening, yoga or digital detoxing - – and try it as a group.
- **Bring Your Bliss:** Each member brings one item, quote, or song that brings them joy to share before diving into discussion.
- **Happiness Jar:** Throughout the month, members drop anonymous happy moments into a shared digital or physical jar to be read aloud at the next meeting.





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In a large bowl combine flour, sugar, salt and baking soda. mix well.
With a pastry blender or 2 knives cut the lard until the mixture crumbles and resembles small peas. In a measuring cup combine egg and lemon juice, beat well, add water to egg mixture and measure 1 cup.
Pour over flour mixture stir until a ball of dough starts to form
Turn out onto a floured board, divide into 6 portions shaped into balls and wrap in plastic wrap. Press down to smooth and push out any air bubbles
Use immediately or wrap. Press down to smooth and push out any air bubbles. For two to three weeks or frozen up to 6 months.

Instructions

2 cups of rhubarb
2 cups sliced strawberries
1/4 all purpose flour
1 1/2 granulated sugar
Lemon Tang Pastry
1 tbsp sweet butter
1 tsp light cream

1. In a large bowl combine rhubarb, strawberries, flour, and sugar. Let stand for 15 minutes.
2. Preheat 425 degrees
3. On a floured surface roll 2 balls of pastry . Line a 9 inch pie plate with remaining pastry seal and flute edges. Cut a few slits on the top to let the steam escape. Brush top of pie with cream and sprinkle generously with sugar
4. Place fruit in a pie plate ; dot with butter. Cut a few slots in the tip to let the steam escape Brush top of pie with cream and sprinkle generously with sugar.
5. Bake in the oven for 15 minutes , reduce temperature to 350 F and bake 35 to 40 minutes longer, until the fruit is tender and the crust lightly browned. Cool on rack .
Serve with vanilla ice cream if desired until the fruit is tender and the crust lightly browned. Cool on rack. Serve with vanilla ice cream. If desired.

Makes 8 servings





[Click here to listen on Spotify](#)

Let's Groove-Earth, Wind & Fire

More Than A Woman-Bee Gees

Pump Up The Jam-Technotronic

Boogie Nights-Heatwave

I'm Every Woman-Whitney Houston

You Make Me Feel (Mighty Real)-Sylvester

Believe-Cher

You Can Do Magic-America

Do You Believe in Magic?-The Lovin' Spoonful

**I'll Be There-The Jackson 5
Celebration - Kool & The Gang**

More Than A Woman-Tavares

Just the Way You Are-Billy Joel



Meet The Author

JANE ENRIGHT is an inspiring wellness educator, & award-winning author whose work has positively changed lives globally. Her recovery from a traumatic brain injury in 2017, has been described as extraordinary, uplifting and miraculous.

Jane has authored two award-winning books, "*Butter Side Up*", winner of the 2022 Canadian Book Club Award for Best Book Spirituality, Health & Wellness, & 2022 Living Well Book Award silver medal for a "world changing book." She is also author of the acclaimed playbook "*Jane's Jam*", winner of the 2024 Canadian Book Club Award for Best Book, & finalist for the 2023 Eric Hoffer International Grand Prize for Literature. Her third book, "*Hi! I'm Cher. I Go Everywhere!*", and a companion video series, *Cher Goes Everywhere*, draws on inspiration from Jane's time as an elementary school teacher & love of dogs. Both feature Jane's adorable working dog Cher who educates & entertains children and grown-ups about the superpowers of mindfulness and gratitude. Jane encourages people of all ages to successfully manage change, find peace, live joyfully, & discover the benefits of brain health.

For more information visit janeenright.com. For more information about how to schedule a book club visit with author Jane Enright, please email karen@janeenright.com.