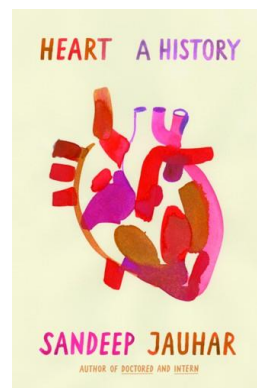


Discussion Guide

Heart: A History

By Sandeep Jauhar

1. Why do you think Jauhar opened “Heart” with his perspective as a patient, not as a doctor?
2. Jauhar says the heart became his obsession because of his family history. Do you have relatable history in your own family?
3. The heart is the only organ that can move itself. What else is unique about it?
4. Jauhar takes us through many heart studies and experiments that helped us understand how the organ works and how to fix it. Which of these surprised you?
5. “Heart” tells us that you can actually die of a broken heart. How does this happen?
6. Why do you think the heart became such a powerful metaphor for romantic love, and for the soul?
7. The book includes many diagrams, photos and works of visual art depicting the heart. Which did you find most useful or illuminating?
8. How do you feel about all of the animal testing done so humans can learn about the heart and how it can fail?
9. Heart disease is the leading cause of death for men and women. Why?
10. How does understanding the human heart help us better understand ourselves as a species?
11. Jauhar describes the devices invented to treat heart disease, but argues we are better off focusing on how we live. Do you agree?
12. The end of the book returns to Jauhar’s family history with heart disease. What did you learn about your own?
13. How will this book change how you live, if at all?



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