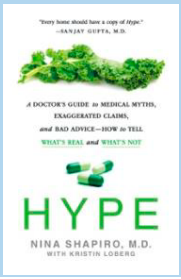
Discussion Guide



Hype
Nina Shapiro MD with Kristin Loberg

St Martin's Press
2018
304 pages
ISBN: 978-1250149305

Health Misinformation

Summary

In *Hype*, Dr. Nina Shapiro distinguishes between falsehoods and the evidence-backed truth. In her work at Harvard and UCLA, with more than twenty years of experience in both clinical and academic medicine, she helps patients make important health decisions every day. She's bringing those lessons to life here with a blend of science and personal stories to discuss her dramatic new definition of "a healthy life."

Questions

1. What do you think is particularly significant about this book?
2. Is there anything you wish the author had explored more deeply in the book? Was there anything missing?
3. Share a favorite quote from this book. Why did you choose this quote?
4. If you could ask the author of this book one question, what would it be?
5. What do you think of the book's title? How does it relate to the book's contents? What other title might be relevant to this book's subject matter?
6. Do the issues described in this book affect your life or do you think these issues could affect your life in the future?
7. What evidence does the author provide to support their central claims? Is the evidence that the author presents convincing to you?
8. Does the author offer solutions in this book to societal problems? How would you describe the author's call to action?
9. How does the book relate to current events concerning health misinformation? How might the book be useful to disrupt health misinformation?
10. Is the book accessible to a variety of people? If not, what would improve the book's accessibility?

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