

Discussion Guide



Separate hype from health in this eye-opening exploration of our wellness-obsessed world - from stress-induced symptom searching to "miracle cures" on social media. Health reporter Casey Gueren digs into what causes health anxiety and the tools we can all use to diminish its power.

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?