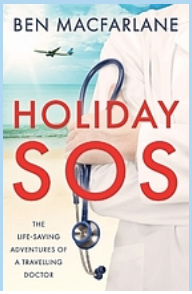
Discussion Guide



Holiday SOS
Ben MacFarlane, MD

Lume Books
2020 reprint
230 pages
ISBN: 978-1839012310

Travel Health

Summary

In *Holiday SOS: The Life-saving Adventures of a Travelling Doctor*, author Ben MacFarlane, M.D., shares his work bringing people back to Britain after holiday travel disasters, gap year crises, embarrassing incidents on business trips and all the other health-related things that can go wrong when traveling. Follow Ben as he grabs his medical bag and flies to pick up the pieces after another travel emergency. Dramatic, hilarious and wildly unexpected, emergency medicine doesn't just take place in hospitals – it can happen right across the aisle on your next flight.

Questions

1. What health information stood out to you the most from the book?
2. What was your favorite part of the book? Why?
3. For you, what was your least favorite or most challenging part? Why?
4. Did you re-read any passages? If so, which ones?
5. How did your opinion of the book change while you read it?
6. What surprised you most?
7. What was missing and what do you wish was included?
8. Are there any lingering questions from the book you are still thinking about, and if you could ask the author anything, what would it be?
9. How do you relate this book to your personal history and community?
10. Did the book remind you of anecdotes from your life or someone close to you?
11. What other readings would you like to tackle after reading this book?
12. Did the book invite you to define concrete actions to prepare for travel?

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