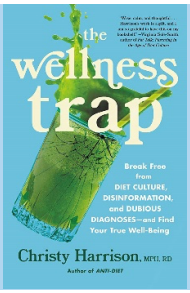
Discussion Guide



The Wellness Trap
Christy Harrison

Little, Brown Spark
2023
320 pages
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Food and Nutrition

Summary

The Wellness Trap delves into the persistent, systemic problems with that industry, offering insight into its troubling pattern of cultural appropriation and its destructive views on mental health, and shedding light on how a growing distrust of conventional medicine has led ordinary people to turn their backs on science. Weaving together history, memoir, reporting, and practical advice, Harrison illuminates the harms of wellness culture while re-imagining our society's relationship with well-being.

Questions

1. What evidence does the author give to support her claims about the wellness industry? Are they personal observations and assessments? Facts? Statistics? Opinions?
2. Is the evidence convincing? Does it come from authoritative sources? Is it speculative?
3. What are the long- or short-term consequences to the spread of nutrition misinformation that are raised in the book?
4. Do you think modern wellness culture helps or hinders well-being?
5. Have you ever felt that wellness culture promotes a standard of health that is often unattainable and harmful?
6. Does misinformation about nutrition and food affect your life? Do you think it will in the future?
7. How do you think chronic illness affects the prevalence of wellness culture?
8. Which problems with the wellness industry that the author raised do you think are most problematic? Why?
9. What solutions does the author offer to the problems raised? Do you agree with the solutions? Do you think they are attainable?
10. Did the author give evidence for nutritional misinformation? Does the author give misinformation in the book?
11. Did reading this book broaden your perspective about nutrition and health misinformation?
12. Do you think the body positivity movement has improved or worsened body image concerns for people?

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