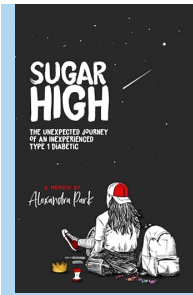


Discussion Guide



Sugar High: The Unexpected Journey of an Inexperienced Type 1 Diabetic
Alexandra Park

Rbl Studios
2021
286 pages
ISBN: 978-1951756024

Diabetes

Summary

Two unrelated yet equally momentous things happened to Alexandra Park at once: she was cast a lead character in a big American TV show, "The Royals," and she was diagnosed with type 1 diabetes. *Sugar High* follows the next four years of Alex's life as she leaves home and travels the world, vacillating between the highs of starring in a hit TV show and the fear, denial, and loneliness that stem from a life-threatening, commonly misunderstood medical condition.

Questions

1. Did *Sugar High* cause a paradigm shift in how you view T1 Diabetes? If you had a previous preconceived notion about diabetes, where do you think that preconceived notion came from? (Media, books, societal views) Did reading *Sugar High* broaden your perspective?
2. How do you think having T1 Diabetes would change your life? How would you handle the new demands and pressures? Has anyone in your family, or circle of friends been diagnosed with T1 Diabetes? If so, how has it affected their life?
3. Did you find the first-person perspective a useful tool to dive into someone else's shoes when learning about T1 Diabetes? What did you learn about T1 Diabetes that you didn't know before? Did you find the science or the emotional journey of T1 more intriguing?
4. What is something in your life that you can compare to Alex Park's journey of coming to terms with having T1 Diabetes? Is there something in your life that you struggle with that is either A) misconceived by society B) something you are over-correcting or hiding from yourself or others? Is Alex's honesty inspiring?
5. Can you cite specific events in the book that you found interesting? Relatable? Intriguing? Profound?
6. How does the causal writing style book influence your reading? Do you find it creates a bond between you and the author? Do you find it distracting? Do you find it inspiring? (In a way you could see yourself writing about a personal event that influenced you?)
7. What do you think is the overall theme or "takeaway" the author is trying to leave you with? How does this theme relate to your life?