

Discussion Guide



Summary

Sharing real stories from women with ADHD, autism, synesthesia, misophonia, and more, Nerenberg explores how these brain variances present differently in women and dispels widely held misconceptions. She also offers a path forward, describing practical changes in how we can communicate, design our surroundings, and better support divergent minds.

Questions

1. What intrigued you about the title or topic "Divergent Mind" before reading the book? Did the book meet or go beyond your expectations? How so?
2. What are some of the unique strengths associated with divergent minds (e.g., creativity, problem-solving)?
3. What challenges do people with divergent minds face in a world designed for a different way of thinking?
4. Can you identify any aspects of your own thought process that align with the concept of a divergent mind?
5. What are the misconceptions surrounding divergent minds (e.g., laziness, disorganization). How can we challenge these stereotypes and advocate for neurodiversity?
6. The book offers strategies for thriving in a non-divergent world. Which strategies resonated most with you? What are practical ways to implement these strategies in your daily life?
7. Brainstorm ways in which individuals, communities, and institutions can become more supportive and accommodating of neurodiversity?

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