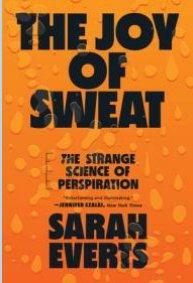


Discussion Guide

	<p><i>The Joy of Sweat: The Strange Science of Perspiration</i> Sarah Everts</p> <p>W.W. Norton & Company 2022 304 pages ISBN: 978-1324022060</p>	Summer Self Care
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Summary

Everts's entertaining investigation takes readers around the world—from Moscow, where she participates in a dating event in which people sniff sweat in search of love, to New Jersey, where companies hire trained armpit sniffers to assess the efficacy of their anti-sweat products. Along the way, Everts traces humanity's long quest to control sweat, culminating in the multibillion-dollar industry for deodorants and antiperspirants. And she shows that while sweating can be annoying, our sophisticated temperature control strategy is one of humanity's most powerful biological traits.

Questions

1. What inspired you to read a book about sweating?
2. What evidence does the author provide to support the book's ideas? Does he/she use personal observations and assessments?
3. After learning about how various animals control their body temperatures, which method surprised you the most? Is there one you would consider for yourself, or do you prefer human sweating?
4. Did the book alter your perspective on using antiperspirants?
5. What role does shame play in our cultural relationship with sweat?
6. Would you consider smell/sweat dating? Why or why not?
7. Can you identify specific passages that resonated with you—whether interesting, profound, silly, shallow, incomprehensible, or illuminating?
8. What aspects of the book will be most memorable to you?
9. Do you agree with the book's assertion that we should re-evaluate our relationship with sweat? Why or why not?
10. What are the most important takeaways from "The Joy of Sweat" for your own life?

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