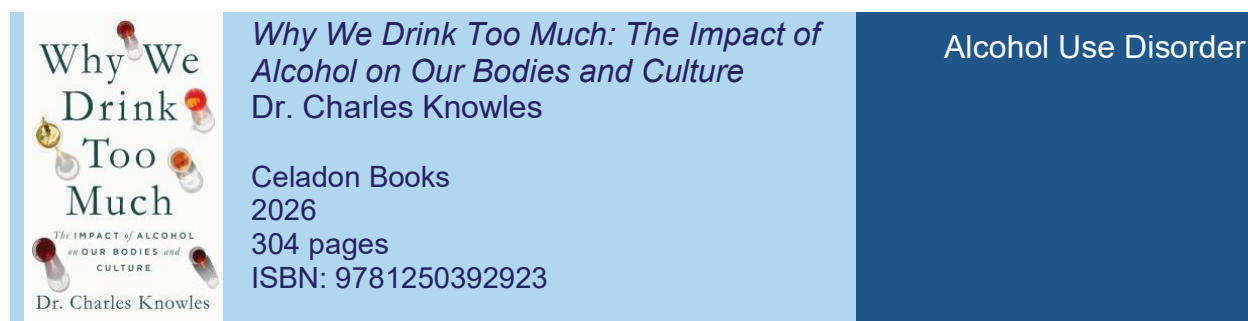


## Discussion Guide



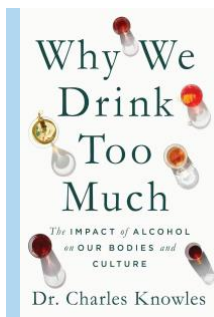
### Summary

For the sober curious, those who may need help, and readers just interested in a popular science book on what happens when we sip a glass of wine, *Why We Drink Too Much* explains the science behind drinking and invites us to examine our relationship with alcohol. Pairing scientific expertise with his personal experiences, Dr. Charles Knowles offers us an accessible window into what really happens in our brains and bodies when we drink and why we do it. The pleasure people derive from alcohol varies greatly, both physically and mentally. Our response is influenced by the genes we were born with and the environment in which we grew up. For some of us, alcohol is greatly enhancing; for others, it is not much fun at all.

### Questions

1. The author, Dr. Charles Knowles, is a leading surgeon and a recovering alcoholic. How does the combination of clinical insight and personal vulnerability affect the book's credibility and impact?
2. The book argues that the truth about drinking is rooted in ancient biology and brain chemistry, not just willpower or moral weakness. How does this perspective change how you view alcoholism and addiction?
3. The book suggests that our physical and mental responses to alcohol are partly genetic. Did learning about the genetic component change your perspective on alcoholism as a "moral failing" versus a medical condition?
4. What are the key long-term health risks of even moderate alcohol consumption that the book highlighted? Did any of the facts about the impact on organs (liver, heart, brain, etc.) surprise you?
5. Knowles discusses the concept of "learning to drink." How do environmental factors, separate from genetics, contribute to the development of drinking habits according to the book?
6. Dr. Knowles addresses the economic cost of alcohol misuse (healthcare, crime, lost productivity). How might society better balance the economic benefits (tax revenue, industry jobs) with these profound social costs?
7. The author examines the historical and cultural role of alcohol. What is one historical anecdote or cultural tradition related to drinking that you found most interesting or revealing?

## Discussion Guide

	<p><i>Why We Drink Too Much: The Impact of Alcohol on Our Bodies and Culture</i> Dr. Charles Knowles</p> <p>Celadon Books 2026 304 pages ISBN: 9781250392923</p>	<p>Alcohol Use Disorder</p>
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8. The book's review quotes mention it being for the "sober curious." For readers who do not identify as having a drinking problem, what is the most valuable takeaway from the book?
9. How do you feel about the author's candid sharing of his recovery journey? Does it offer a satisfying resolution?
10. The book offers an "invaluable blueprint for change". What specific strategies or tools for change did you find most practical or insightful?