Questions to Talk About

For book clubs, patient support groups, and conversations with the people in your life. One question per chapter. Use them in order, or pick the ones that speak to you.

A gentle ground rule: share only what you're comfortable sharing, and talk about experiences rather than numbers. No one's treatment is meant to look like anyone else's.

PART I · UNDERSTANDING OBESITY

1 · A Different Answer. Sarah blamed herself, never the diet. Why do you think so many people do the same?

2 · What Are We Calling Obesity? If diagnosis is about treatment, not measurement, how does that change how you see BMI or body-composition scans?

3 · Stress Causes Storage. Which of the stressors that push the fuel gauge toward "empty" surprised you most?

4 · Creating Room. Medications aim to make hunger manageable, not make it disappear. How does that change what "working" looks like?

5 · A Piece of Your Obesity. Try the Asthma Test on an ad or post you've seen lately. What did you notice?

PART II · SUPPORTING TREATMENT

6 · Never Prescribed a Diet. In your own words, what is the difference between nutrition and dieting?

7 · Fear-Based Fitness. If exercise alone produces little weight loss, why does movement still matter?

8 · Why Sleep Matters. How have sleep, or the hours you keep, affected your hunger and energy?

PART III · WEIGHT STEWARDSHIP

9 · Hope Without Finish Lines. Sarah asked, "If I wasn't happy at 200 pounds, what makes me so sure I'll be happy at 170?" What is your version of that question?

10 · Why Words Matter. Which phrase from Table 10.1 do you hear or use most? What could you say instead?

11 · The Comparison Trap. Where does comparison show up most for you: social media, friends, or your own lowest weight?

12 · The Stewardship Mindset. What does the middle ground between fear of regain and complacency look like in daily life?

13 · The Goal of Weight Loss. Besides the scale, which changes in health or daily life would mean the most to you?

14 · Best Weight. "What weight allows me to live the life I want while taking care of my health?" How would you begin to answer?

15 · Obesity Is Chronic. Why might seeing obesity as chronic bring clarity rather than discouragement?

To close: what is one idea from the book you want to remember, and one thing you'd like to ask your healthcare provider?

For education only. Not a substitute for individualized medical advice.