

suggested discussion questions for book groups

1. What was the significance of the role that Jon's experience at Hudson Country Day had on the rest of his life and how does it foreshadow the rest of the story?
2. Why is Chad a significant character in the story? Do you think Chad understood how powerful of a role he played in Jon's life?
3. Why do you think Jon develops an eating disorder? Discuss the contributing factors that led him to this path.
4. What role do friends play in Jon's life? How are they able to help him on his journey?
5. Discuss two or three of the pivotal moments in Jon's journey that led him to recovery. What are they and how do they contribute to his healing?
6. How does Jon's father portray what a "real man" should be and how does Jon struggle with that notion throughout the story? Identify and discuss the times when Jon rebels against that notion.
7. Can you identify some times when Jon is able to let go of the past and move forward more freely?
8. Why was the campfire after the solo during Outward Bound so meaningful for Jon?
9. How does our society's need for perfection and appearing perfect play into Jon's struggles?
10. What was it about Dr. Robert's approach in therapy that worked for Jon? What did they focus on in therapy that seemed to work for him?

11. Why was Loren so important to Jon's development of his true self? What was it about that relationship that transformed things for Jon?
12. What does forgiveness mean to Jon? How is he able to forgive and move on?
13. Can you describe a moment where Jon's self-hatred begins turning to self-love and acceptance?
14. Jon didn't have many positive male role models in his life. Can you identify one or two who made a difference in his life and how?
15. Discuss Jon's relationship with his mother. What were her strengths and weaknesses and how does he gain from both?
16. Jon's siblings play a significant role in his life. How do they help him toward acceptance of himself?