

UNLEARNING JEWISH ANXIETY BOOK CLUB DISCUSSION GUIDE:

What were the main ideas of the book that resonated with you?

What did you learn about yourself while reading the book?

Was there anything that surprised you?

How did the book confirm, challenge, or change your perspective or opinion?

What was the most memorable or impactful story, anecdote, or example in the book? Why did it stand out to you?

What are some of the ethical, moral, or social implications of the book? How does it challenge or support your values or beliefs?

Did the book inspire you to take action, change your behavior, or think differently about something?

Would you recommend this book to someone? Why or why not (or with what caveats)?