

BETTER DIRTY THAN DONE BOOK CLUB GUIDELINE



One in two men and one in three women will receive a cancer diagnosis. *Better Dirty Than Done* will stimulate a lot of emotion and questions for your Book Clubs not only about cancer but about mortality, hope, resilience, and overcoming tall odds.

This list of questions and topics will help stimulate discussion for your book clubs:

Time

- How did the author's mortality influence his perception of time?
- When is the right time to take action?
- Time is finite and free, and you have free will. What is the right way to spend time?
- Does time have an accelerated importance when you face mortality?
- Time expiring motivated the author. What other motivational forces pull you towards goals and help you make decisions? I challenge you to look deeper inside yourself to answer this.

Opportunity

- The author spent a lot of time detailing fantasies, which we later learn he achieved. Have you ever had dreams of doing something bigger that you later pursued? What dreams do you have that you have yet to attempt and what's stopping you?
- When is the right time to pursue your dreams?

Body Image

- In one scene, the author looks at his body in shame then realizes it's working hard to heal cancer. This epiphany rewired his own view of his body. What cues can we take to see our own bodies more positively?
- The author credits his fitness (he was a former high school athlete when diagnosed at age 19) for helping his body fight cancer. What positive habits do you have to sustain your body? What habits do you need to adopt to do so?

Writing / Storytelling

- Did the author's use of sensory language enhance the story?
- How did the book's architecture propel you as a reader towards its conclusion?

Cancer Survivorship

- As a cancer survivor, what has changed and what stayed the same? Did you feel you changed or did the world around you?
- What does normal mean? Are you trying to return to or establish a new normal for you?
- What do you need to do to heal?
- Are you giving yourself time and space to heal?
- Having faced mortality, what do YOU need to do before it's all over?
- What can you control, today, to leave behind a legacy? Are you applying yourself to these activities?

Thank you for reading!