

# WHAT'S EATING US

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## DISCUSSION QUESTIONS

1. Do you feel eating disorders are tied into a desire to feel “in control” of one’s body/life?

2. How did it make you feel to read that “girls begin to express concerns about their weight or shape around age six” (page 6)? Thinking back to your childhood, do you remember having thoughts like this?

3. Have you or anyone you know experienced weight discrimination?

4. Were you surprised to learn that a person’s race, sexuality, and/or physical disabilities are risk factors for potentially developing an eating disorder? Why do you think there are so many gaps?

5. “Words have such an enormous impact, especially when so many of them have been co-opted by the diet industry” (page 201). Why is it significant that the diet and weight loss industries have “co-opted the language of the body positivity movement” (page 41)?

6. What did you learn about the role that the food and beverage industry plays in how health policy is set in the US?

7. This book explores how disordered eating can be a coping mechanism for certain people. What “tools” do you have in your toolbox for when you experience periods of high stress or loss of control?

8. What role do secrecy, deceit, guilt, and shame play in the personal relationships of someone with an eating disorder?

9. Did this book illuminate any biases or internalized weight stigma within yourself? If so, how do you plan to debunk that moving forward, if at all?

10. Why do you think social justice movements around body acceptance may not have taken off the way other social justice movements have?

11. In what ways did this book challenge any preconceived notions that you held around disordered eating and diet culture? To what extent did it validate or reflect experiences that you've had?

12. How did you feel when you finished the book? What was the most impactful part of the reading experience for you? Did it make you think differently about how you eat, and about the rules you make for yourself when it comes to food and exercise?

## Resources:

National Eating Disorders Association Helpline (800) 931-2237, Crisis Text Line, text "NEDA" to 741741

National Association of Anorexia Nervosa and Associated Disorders  
Eating Disorders Helpline (888)-375-7767

FEAST, Resources for parents of children with eating disorders,  
<https://www.feast-ed.org/>

