

# Osteoporosis & Osteopenia

## Vitamin Therapy for Stronger Bones

### Book Group Discussion

1. What did you like best about this book?
2. What did you like least about this book?
3. What did you know about osteoporosis and osteopenia before reading this book?
4. What new things did you learn about bone health or health in general?
5. What questions do you still have about osteoporosis and osteopenia?
6. Which chapters did you like best?
7. Which chapters did you like least?
8. What do you think about the author's research? Was it easy to see where the author got his or her information? Were the sources credible?
9. Share all or part of a favorite paragraph from the book. Why did this stand out?
10. Would you read another book by this author? Why or why not?
11. What did you think of the book's length? If it's too long, what would you cut? If too short, what would you add?
12. If you got the chance to ask the author of this book one question, what would it be?
13. Which suggestions in this book will you consider following?
14. Which suggestions in this book do you disagree with? Why?
15. What do you think of the book's title? What other title might you choose?
16. What do you think of the cover? How well does it convey what the book is about?
17. What do you think is the author's overarching idea he is trying to get across?
18. What did you find to be unique about this book?

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### Notes

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