

Discussion Guide

Letters to My Sisters: Plain Truths and Straightforward Advice from a Gynecologist by Ngozi Osuagwu, MD, FACOG (Ben Bosah Books, April 28, 2006, ISBN: 0977339815)

Dr. Osuagwu refers to all women as her sisters. Discuss how you view other women. Do you see a commonality or do you feel some division exists? Discuss how this book can reconnect women and their experiences.

How do you view your health and quality of life? Talk about what investments you're making in your quality of life. Share ideas on how to establish balance, create more intimate relationships, and developing yourself into a more dynamic individual.

In the Prologue Dr. Osuagwu states, "This book is aimed at preventing women from having to live it to learn it." Discuss how this book can educate women about their health. How can we make these valuable lessons accessible to other women?

How does society view women's health? Do you think these issues are taboo? Or has our culture become more relaxed and open to discussing women's health? Are you comfortable with talking openly about your health issues with your doctor? If not, how can the doctor make you comfortable? What about discussing your health issues with your family and friends?

What other conditions and issues do you think should have been discussed in this book? Why do you think these issues are relevant?

Discuss the use of the letters in the book as educational tools. Was this an effective method? Was the information more easily accessible to the reader? Would you use some of the valuable resources offered in the book. How do you find information about women's health?

Do you think younger generations of women are more or less educated about women's health issues? Has more education proven to empower these generations of women? Do you think your daughters will have a better grasp on women's health than you did?

Talk about the things that have added value to your life, those things that have made you a more mindful and compassionate person. Is it religion, family, friends? Also discuss those things in life that disconnect us from one another.

How can you empower yourself to take control of your health? What skills can you develop to better understand your own health and body and in turn preventing poor health?

How does our culture view health and health care? Is Dr. Osuagwu's approach typical or atypical?

Discuss your own relationship with your doctor. Are you open or do you tend to only disclose bits of information? How do you think this influences the outcome of your healthcare?

Overall, what do you think of the book? Do you think it is a good value for the price? On a scale of 1 to 5, with 5 being excellent, how would you rate the book? If you do not think it is an excellent book, what do you think can be done in future to improve it? We are anxious to hear your comments about the book. Please send them by email to benbosah@letterstomysisters.com or by US Mail to C. Ben Bosah, Ben Bosah Books, P. O. Box 671, New Albany, Ohio 43054.