



**THE MEDICAL GASLIGHTING DISCUSSION
GUIDE**

FOR BOOKGROUPS

Medical Gaslighting: The act of a healthcare provider dismissing or ignoring a patient's concerns or complaints and leaving them without a clear treatment plan or diagnosis, often stating that the patient has an unspecified mental illness or is exhibiting an unnecessary amount of caution.



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ABOUT THE AUTHOR ILANA JACQUELINE

Ilana spent 19 years on a diagnostic odyssey trying to uncover the mystery of why she was constantly sick. After many instances of medical gaslighting where her concerns were ignored and she was belittled and shamed for complaining, she was finally diagnosed with a rare immune deficiency disease, Hypogammaglobulinanemia.

For the next ten years she struggled to understand her condition, find doctors who knew how to treat her, and wrestle back her confidence and relationship with her body.

Through it all, she's shared her journey as a woman surviving and thriving with an invisible illness through blogs, books, and social media. She's shared tips, advice, and helped patients across the world learn new ways to advocate for themselves in the exam room. Her first book, *Surviving and Thriving with an Invisible Chronic Illness* was released in 2018, followed by her second book, *Medical Gaslighting: How to Get the Care You Deserve in a System That Makes You Fight For Your Life*. She is a patient advocate, a content creator, and currently works as the Director of Influencer Relations at a digital marketing agency.

FIND MORE RESOURCES

Visit MedicalGaslightingBook.com
Follow Ilana on Instagram and TikTok at
[@ilana_jacqueline](https://www.instagram.com/ilana_jacqueline)



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Discussion Guide

Helpful Prompts Guide

- If you could label one emotion the book left you with, what is it and why?
- How much did you know about this book before picking it up? What surprised you the most about the book?
- How, if at all, did this book relate to your own life? Did it evoke any memories or create any connections for you?
- Which patient story did you find the most meaningful to you or had the most impactful lesson?
- Did you highlight or bookmark any passages from the book? Did you have a favorite quote or quotes? If so, share which and why?
- How did the author use language, tone, structure, imagery, dialogue, etc. to tell the story and create an effect on the reader?
- What was the most surprising or shocking thing you learned from the book? How did it make you feel?
- What was the most useful or valuable advice or tip that you learned from this book?
- What will you do differently at your next doctor's appointment?

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Questions for the Author

Notes



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