

# FINALLY HOPEFUL

## Discussion Questions

1. How did you view your own mental health struggles before reading *Finally Hopeful*? After you finished the book, how did your feelings change?
2. Depression has many possible causes, as Dr. Greenblatt outlines: psychological, social, lifestyle, medical, and biological. Which of these do you feel are the most relevant to your own experience?
3. What role does therapy, particularly cognitive-behavioral therapy, play in this book?
4. Did reading the book change your perception of how well antidepressants work—or who they work best for?
5. How does the integration of nutrition and lifestyle changes impact the treatment of depression?
6. How might you advocate for a more personalized treatment plan with your healthcare providers?
7. In what ways does Functional Psychiatry differ from traditional psychiatric practices? What critiques does Dr. Greenblatt have of conventional psychiatry?
8. Which case study from the book did you find most memorable? Why?
9. What was the most surprising thing you learned from this book?
10. What changes do you plan to make to your lifestyle going forward? How do you intend to make these habits stick?

