



### DISCUSSION QUESTIONS FOR *BIKINI SEASON*

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Have you ever had to hit the diet trail? If so, could you identify with any of the characters diet journeys?

When you are on a diet, what is your biggest temptation?

If you were Erin, would you have dumped Adam sooner? When and why?

Do you think Erin was justified in being a bitter big girl? Are we Americans prejudiced against people who are overweight? What do you think when you see an overweight person?

Between magazines ranging from *Light Cooking* to *Bon Appétit* and the Food Network, do you think we Americans focus too much on food? Was that a problem for any of the characters in this book?

Did you find the amount of weight the women lost believable? What was the most weight you ever lost?

What do you think about the idea of setting goals and then using your girlfriends as a support group to help you achieve those goals? Have you ever tried this before? Did it help you? Did it help your friends?

What did you enjoy most about this book?