

Possible Discussion Topics for Book Groups

**What was the most surprising thing you learned from "Buzz"?

**Did it change your understanding of Attention-Deficit/Hyperactivity Disorder, and if so, how? Has it increased your interest in the subject?

**Does the author seem to have a bias about ADHD and how best to treat it – and do you agree?

**Especially given the rapidly increasing rate of diagnoses of ADHD, do you think modern society is weakening our ability to pay attention?

**What do you think the author learned in her year of paying attention that most helped her be calmer?

**What did she learn about her son that helped her have less conflict with him? Would you have made similar changes, had you found yourself in a similar situation?

**Do you agree with the author's perspective on her relationship with her husband? What about how she changed the way she treated her younger son?