

HEAR & BEYOND: LIVE SKILLFULLY WITH HEARING LOSS

By Shari Eberts and Gael Hannan

BOOK CLUB GUIDE AND DISCUSSION QUESTIONS

HEAR & BEYOND

1. Which of the authors' personal stories resonate with you? Why?
2. Share some of your most memorable hearing loss stories with each other.
3. What similarities and differences do you find in your experiences?

SECTION 1: THE BIG PICTURE

1. The book identifies five stages of the hearing loss journey. Did you recognize them? What stage are you in today?
2. What stops, reverses, and restarts have you experienced on your journey? What has gone smoothly?
3. What can hearing care professionals do to clarify the Big Picture for people with hearing loss?

SECTION 2: MINDSHIFTS

1. What are your attitudes about your hearing loss? Where did they come from?
2. Have you tried to change these attitudes? What happened?
3. Which of the MindShifts resonated most with you? Why?
4. Which MindShifts, if any, will you share with your family and friends? If none, what is stopping you?

SECTION 3: TECHNOLOGY

1. What types of technologies have you used to help with communication?
2. What are your favorite hearing loss apps?
3. What would your ideal technology solution look like?

SECTION 4: COMMUNICATION GAME CHANGERS

1. What are your favorite non-technical communication strategies?
2. Do you tell people about your hearing loss? Why or why not?
3. Bluffing—when and why do you do it? What would help you bluff less often?
4. How will you implement HEAR (hearing check, evaluate, articulate, revise and remind) in your life?

SECTION 5: RELATIONSHIPS AND SUPPORT NETWORKS

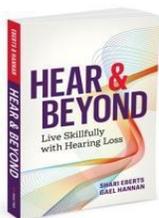
1. How has hearing loss affected your personal relationships? What suggestions in the book do you find most helpful?
2. What have been the most challenging aspects of hearing loss in your workplace? What steps will you take to improve them?
3. Does your relationship with your hearing care provider need improving? If yes, what steps will you take?

SECTION 6: HEARING HACKS

1. Which Hearing Hacks did you find most useful?
2. Share your personal Hearing Hacks with the group.
3. How can people with hearing loss best share Hearing Hacks with one another?

THE JOURNEY CONTINUES

1. How has *Hear & Beyond* helped you see your hearing loss differently?
2. How will reading this book change the way you manage your hearing loss?
3. Commit to one change you will make to improve your life with hearing loss and share it with the group.



Thank you for reading! If you loved *Hear & Beyond*, consider leaving a review on [Amazon](https://www.amazon.com) or your favorite online retailer or book recommendation site so others can find it.

We wish you a successful hearing loss journey.

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