

DISCUSSION QUESTIONS FOR UNSTOPPABLE BY ZEN HONEYCUTT

1. Does this book apply to or related to your own life story? Have you or your family had experiences with health issues that you believe could be food-related?
2. Has UNSTOPPABLE motivated you to take any type of action? Are you inspired to take action in your family, neighborhood, town, state, or nationally? What about this book, if anything, has caused you to want to become more involved in the issue of food safety?
3. In the past have you ever, even for a second, considered yourself an activist around any issue? What were your reservations, if any, for becoming an activist? How do you feel now?
4. Did you believe that the American public, our food supply, and the safety of vaccines were being looked after by the American government?
5. What is your impression of farmers who practice chemical farming?
6. What do you think when you hear about scientists selling out their professional integrity to the highest bidder? Under what circumstances do you believe you can trust “science” or “facts?”
7. What do you think the role of the government should be in this situation? Do you have any trust in the EPA? Were you aware of how the EPA came into existence? Had you heard of Rachel Carson before reading UNSTOPPABLE?
8. Have you ever had an experience in your life that left you feeling as though you had been completely let down and deceived by those you trusted? Can you relate to Zen’s experiences as described in her book?
9. Have you had your children vaccinated? Do you feel that you made an informed decision when you did so? Knowing what you know now, would you think twice about vaccinating your children or at least gather more information beforehand? Do you and other family members get the flu shot each year?
10. How do you and your family feel about changing your eating habits? Have you spoken to your family about changing the way you eat? Were you able to make them understand the importance of making changes? Did you use any of the methods in UNSTOPPABLE to speak with them about the topic?

11. How did you feel about hearing from moms and other experts throughout the book? Did that create an expanded perspective for you? Did you appreciate hearing from people with different experiences and knowledge, or was it a distraction for you?
12. How did you feel about the science in the book? Did you feel that Zen and her colleagues did a good job of making complex information understandable and accessible? Was the science simply too difficult to wrap your head around and more than you wanted to know? Do you believe it's necessary to understand the science to understand what is truly going on with our food supply?
13. Did the connections drawn between glyphosate, GMOs, and chemical farming in general and health issues and disease make sense to you? Do you agree that the connection is undeniable, or are you not convinced? Do you have any experiences or stories of your own along these lines?
14. Do you believe that Zen is convincing throughout the book as a whole? Were you moved by her personal story, her observations, and experiences with the science and her activism? How do you feel about the concept of "just a mom" getting so actively involved in a national cause?
15. What sections of the book came as a total surprise to you? Was there anything presented that you were totally unaware of, or that you never would have believed to be true? Did you find the book to be controversial?
16. After reading the book, how do you feel about the future? Do you believe that things can change? Will the food movement rid our food supply of GMOs and chemical farming in our lifetime?
17. Do you think it is important or necessary for you, for us all, to play a role in order for this change to happen? If so what actions do you see might promote change in your family/neighborhood/state?
18. Would you ever consider having yourself or your family members tested for glyphosate? Do you think the results of glyphosate testing would be valuable information to have? Do you think it's unnecessary because you believe you probably have high levels of glyphosate? If so, why?
19. What do you think is a bigger concern, GMOs or glyphosate? Would you consider removing one from your diet but not the other?

20. What is your opinion about companies like Monsanto and the others mentioned in UNSTOPPABLE? Were you aware of them before? Did you hear about the March Against Monsanto? Did you every participate in a march, write a letter, or make a phone call to make your voice heard?
21. What do you think wasn't covered in UNSTOPPABLE? Were there important topics that Zen didn't touch upon, or could have been addressed in greater depth? Were there topics you think she should have avoided?
22. Did this book frighten you? If so, was it a motivating fear or a paralyzing fear? Why do you think that is? Did the book offer you and your family solutions for solving your own situations? Were Zen's recommendations sensible and doable for your family?
23. What sections in the book had the most meaning for you? Were there passages that you found particularly interesting, moving, or perhaps disturbing? Did you find anything amusing?
24. Would you recommend UNSTOPPABLE to others? Do you now feel comfortable and motivated to speak to others about any of the topics covered in UNSTOPPABLE? Do you think the book is a good tool for making others aware of the circumstances of our food supply?
25. Do you now see yourself as UNSTOPPABLE?

If you or your book club are tired of just talking, get out into the world! Revisit the "Resources" section in the back of the book or visit www.momsacrossamerica.org to find activities and get-together ideas. Or create your own. Learn to make kefir. Watch a movie. Take a tour of your local farmers market and talk to the farmers about their growing methods. **The** possibilities are endless.

Even if you have been shopping and eating GMO-free and organic, visit a new grocery store or co-op and check out their offerings. Bring a friend or friends and make a game of it. There are new products coming on the market every day!

Grocery Store Scavenger Hunt (for your book club, family, or friends)

- Find at least one item in the baking section that is both USDA Certified Organic and gluten free.
- How many different brands of USDA Certified Organic non-dairy milk do you find?
- Find one product made of ancient grains. Is this product USDA Certified Organic?
- Find one product that is 100% USDA Certified Organic.
- Find one product that is labeled USDA Certified Organic, but less than 100%.
- Find one USDA Certified Organic skin care product.
- Find one USDA Certified Organic pet food product.
- Find three products in the snack aisle that are GMO Project Verified, gluten free, and USDA Certified Organic.
- Can you find USDA Certified Organic fish?
- Find one USDA Certified Organic alcoholic beverage.