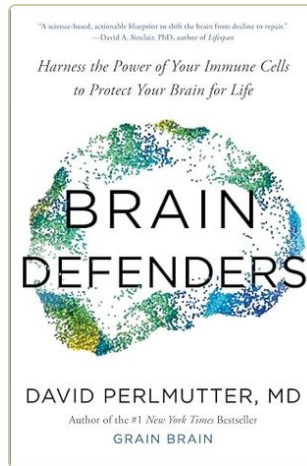


BOOK CLUB NIGHT KIT



Brain Defenders

David Perlmutter

🌙 COZY NIGHT

A warm, approachable look at protecting the brain and feeding it well, packed with everyday habits that spark easy, feel-good conversation. Perfect comfort reading that leaves everyone a little more hopeful about their own health.

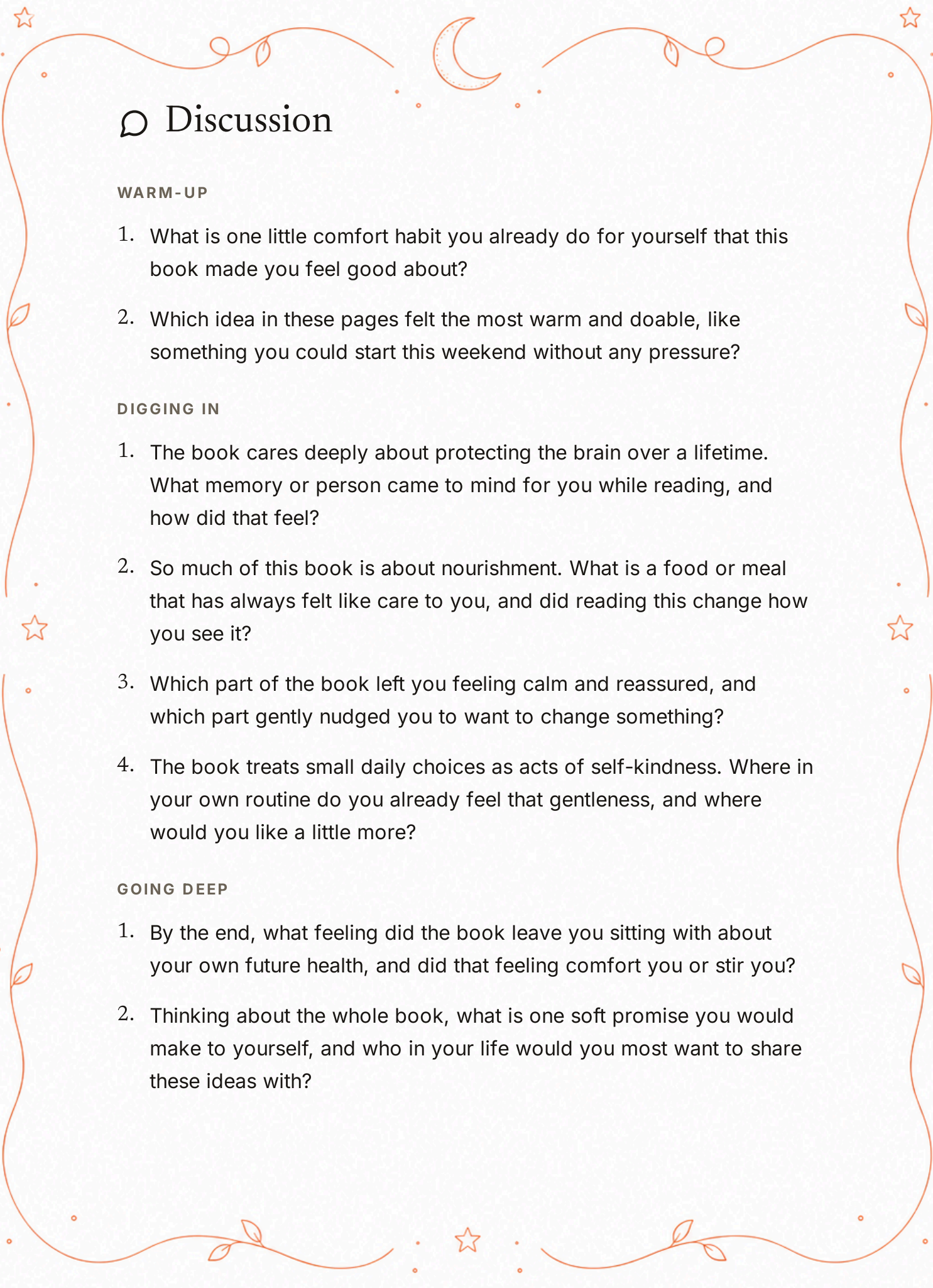
Cozy Up for Brain Defenders

Come nourish your mind and heart with warm drinks, comfort snacks, and gentle conversation. Bring your slippers and an open, easy spirit.

Reading level: Easy

Best for: A friendly club that loves swapping wellness tips over tea and snacks





Discussion

WARM-UP

1. What is one little comfort habit you already do for yourself that this book made you feel good about?
2. Which idea in these pages felt the most warm and doable, like something you could start this weekend without any pressure?

DIGGING IN

1. The book cares deeply about protecting the brain over a lifetime. What memory or person came to mind for you while reading, and how did that feel?
2. So much of this book is about nourishment. What is a food or meal that has always felt like care to you, and did reading this change how you see it?
3. Which part of the book left you feeling calm and reassured, and which part gently nudged you to want to change something?
4. The book treats small daily choices as acts of self-kindness. Where in your own routine do you already feel that gentleness, and where would you like a little more?

GOING DEEP

1. By the end, what feeling did the book leave you sitting with about your own future health, and did that feeling comfort you or stir you?
2. Thinking about the whole book, what is one soft promise you would make to yourself, and who in your life would you most want to share these ideas with?

On the table & to sip

TO EAT

Warm berry and walnut oat crumble

Berries, nuts, and whole grains echo the book's brain-loving foods, served cozy and a little indulgent.

Creamy avocado and greens toast bar

Healthy fats and leafy greens are stars of the book, set out as a homey, help-yourself comfort spread.

Dark chocolate and almond bark

A gentle sweet treat that nods to the book's kinder-indulgence spirit without any guilt.

TO SIP

Golden turmeric milk (haldi latte) (no alcohol)

Warm, soothing, and anti-inflammatory in spirit, perfect for slow sipping and easy talk.

Spiced green tea with honey (no alcohol)

A calming, brain-friendly cup that keeps the mood mellow and inviting.

Mulled red wine with berries

A cozy, warming pour with antioxidant-rich fruit for those who want something a little indulgent.



Run of show

7:00

Warm welcome

Greet everyone with a mug of golden milk and let people settle into the comfiest seats.

7:15

Comfort snack graze

Open the toast bar and crumble so folks nibble while chatting softly.

7:30

Gentle warm-ups

Ease in with the two warm-up questions, no wrong answers.

7:50

Heart of the talk

Move through the theme questions at a relaxed pace, letting stories wander.

8:20

Deeper and cozy

Slow down for the two deep questions with tea refills in hand.

8:45

Sweet wind-down

Share chocolate bark, fill out scorecards, and swap one soft self-promise each.

HOST TIPS

- Keep the lighting low and the blankets handy so people feel free to linger.
- Let silences breathe, this vibe rewards slow, unhurried sharing.
- Remind guests there are no right answers, only what moved or comforted them.



🎵 Playlist

Soft, warm, unhurried acoustic and mellow soul for a low-lit living room

- 01 Banana Pancakes - Jack Johnson

- 02 The Way I Am - Ingrid Michaelson

- 03 Home - Edward Sharpe and the Magnetic Zeros

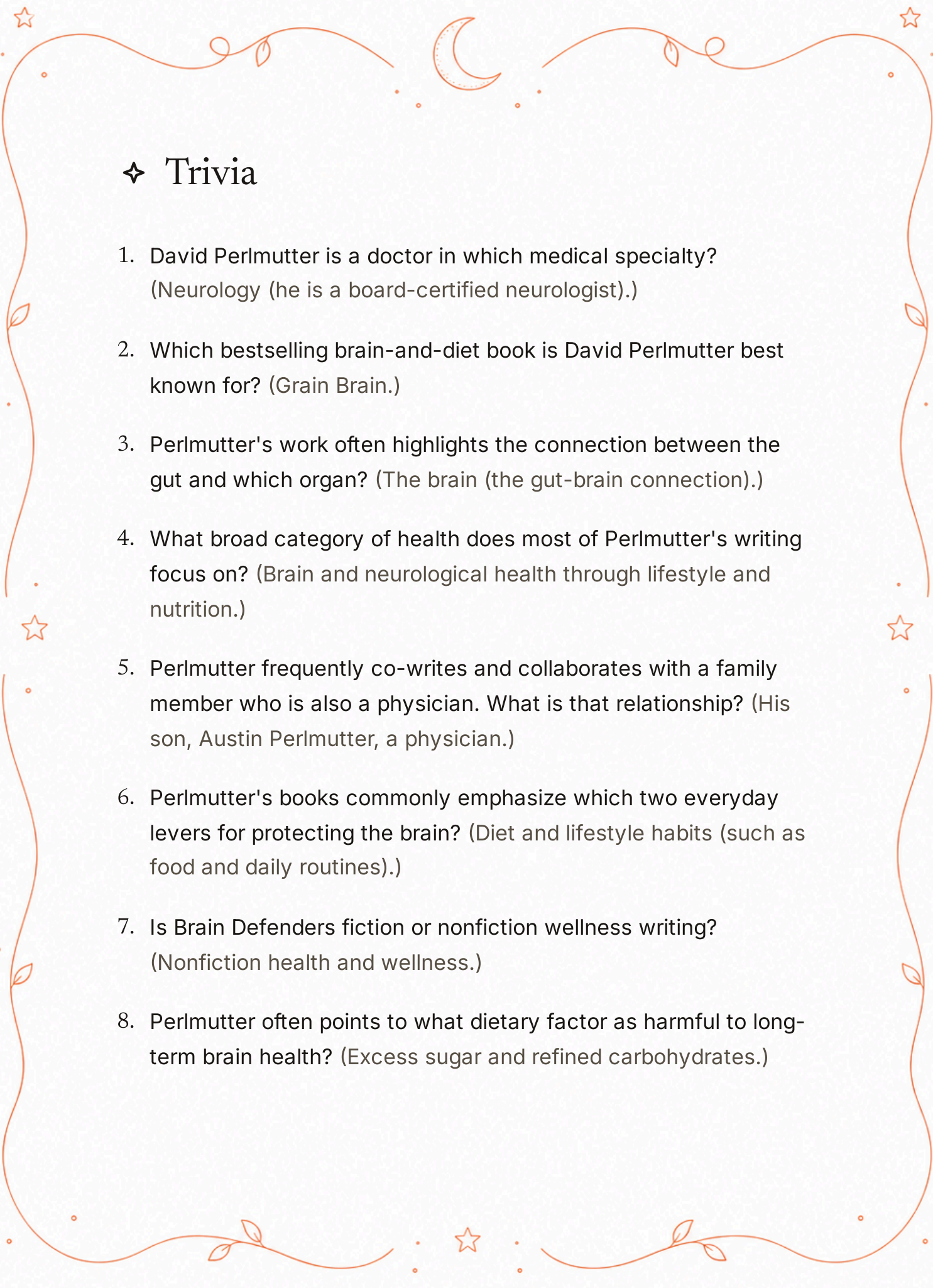
- 04 Put Your Records On - Corinne Bailey Rae

- 05 Sunday Morning - Norah Jones

- 06 Holocene - Bon Iver

- 07 First Day of My Life - Bright Eyes

- 08 Better Together - Jack Johnson



✧ Trivia

1. David Perlmutter is a doctor in which medical specialty?
(Neurology (he is a board-certified neurologist).)
2. Which bestselling brain-and-diet book is David Perlmutter best known for? (Grain Brain.)
3. Perlmutter's work often highlights the connection between the gut and which organ? (The brain (the gut-brain connection).)
4. What broad category of health does most of Perlmutter's writing focus on? (Brain and neurological health through lifestyle and nutrition.)
5. Perlmutter frequently co-writes and collaborates with a family member who is also a physician. What is that relationship? (His son, Austin Perlmutter, a physician.)
6. Perlmutter's books commonly emphasize which two everyday levers for protecting the brain? (Diet and lifestyle habits (such as food and daily routines).)
7. Is Brain Defenders fiction or nonfiction wellness writing?
(Nonfiction health and wellness.)
8. Perlmutter often points to what dietary factor as harmful to long-term brain health? (Excess sugar and refined carbohydrates.)

□ Bookmarks

Print, cut, and tuck one at every seat, a small keepsake from the night.



☆ Rate the book

Comfort factor ☆ ☆ ☆ ☆ ☆

How hopeful it left me ☆ ☆ ☆ ☆ ☆

Ideas I want to try ☆ ☆ ☆ ☆ ☆

Warmth of the writing ☆ ☆ ☆ ☆ ☆

Would gift to a loved one ☆ ☆ ☆ ☆ ☆

One word for how this book made me feel: _____

One tiny habit I am keeping: _____

The person I want to share it with: _____

THAT'S A WRAP

Thank you for coming

We hope the company was good and the conversation even better. Until the next chapter.



Plan your own book club night

Scan the code or visit **bookclubnight.com**

Book Club Night