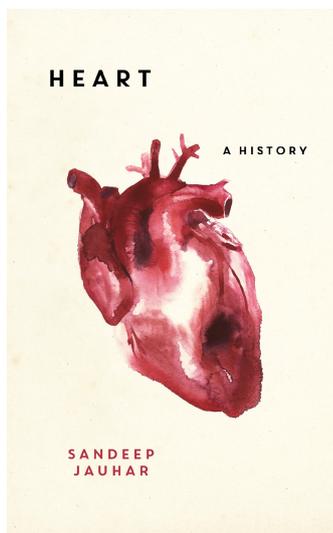


Wellcome Book Prize 2019

Reading Group Guide

Now celebrating its 10th anniversary, the Wellcome Book Prize rewards exceptional works of literature that illuminate the many ways that health, medicine and illness touch our lives.



Heart: A History by Sandeep Jauhar

Oneworld

About the author

Sandeep Jauhar is director of the Heart Failure Program at Long Island Jewish Medical Center. A first responder on 9/11, he is the New York Times bestselling author of two medical memoirs, *Doctored: The disillusionment of an American physician* and *Intern: A doctor's initiation*. He is a contributing opinion writer for the New York Times. He lives on Long Island with his wife and their son and daughter. This is his first book to be published in the UK.

About the book

Jauhar looks at some of the pioneers who risked their careers and their patients' lives to better understand the heart. People like Daniel Hale Williams, who performed the world's first documented heart surgery, and Wilson Greatbach, who accidentally invented the pacemaker. Amid gripping scenes from the operating theatre, Jauhar tells stories about the patients he has treated. And he relates the moving tale of his family's own history of heart problems, from his grandfather's sudden death in India – an event that sparked his lifelong obsession with the heart – to the first ominous signs of his own mortality. He also confronts the limits of medical technology and argues that future progress will be determined more by how we choose to live than by any device we invent.

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Questions and discussion points

1. The book links personal experiences with historical facts. What effect does this combination have when reading?
2. Which of the discoveries mentioned did you find particularly interesting?
3. Despite huge developments in our understanding of the human body, why do you think we still associate emotions with the heart?
4. Has reading this book made you feel differently about your own heart health?

Suggested reading

Nine Pints by Rose George

The Story of the Human Body by Daniel Lieberman

Seven Signs of Life by Aoife Abbey

Fragile Lives by Stephen Westaby

Under the Knife by Arnold van de Laar

Useful links

[A cardiologist on matters of the heart](#)

[January's Book Club Pick: *Heart: A History*, by Sandeep Jauhar](#)

[Heart and soul: why the human heart is more than its mechanics](#)

[Heart: A History with Dr. Sandeep Jauhar](#)

[Heart author Sandeep Jauhar answers your questions on PBS News Hour](#)