What foods do you dislike that other people love? Drawing on the “Meet Your Tastes” chapter, figure out why you have these taste preferences. Do you suspect that you are a supertaster? Complete the simple blue food coloring test on p. 37 to find out!

For decades, people with weight problems or substance abuse issues have been shamed and blamed for lacking discipline or self-control. Do you still think this is true? How may we help people struggling with appetite or drug issues more effectively?

If doctors could prescribe a bacteria pill linked to increasing immunity, would you take it? Would you take one that promised increased athletic or intellectual performance? What dangers may arise from manipulating our microbiomes?

New genes are routinely being discovered that appear to influence behavior. What should we do with this information? Do you think it is reasonable to sequence the genomes of teenagers with predisposition for aggression, depression, or addiction? If the test is positive, what sort of interventions would you propose? Should a person who possesses a gene variant frequently linked to violent behavior be allowed to purchase a gun?

Did Pleased to Meet Me prompt you to think about our criminal justice system in a different light? How might learning more about the biology behind criminal behavior lead to a safer society? Do you agree that Bradley Waldroup should have been spared the death penalty since he suffered adverse childhood experiences and also possessed the MAOA gene variant linked to violent behavior?

Did you believe in soul mates before reading Pleased to Meet Me? Did the book challenge your presuppositions about attraction and monogamy? How might the topics discussed in the book change your dating life or marriage?
To what degree do you think political affiliation is influenced by genetics? How might biology explain those who change their political views? Can the studies described in the book help you engage in more productive dialogue with people who hold opposing viewpoints?

*Pleased to Meet Me* argues that we have less control over our personalities, beliefs, and behavior than we like to think. Does the idea that we have little to no free will and no soul bother you?

Based on what you’ve learned about the biology underlying human behavior, will you be treating other people differently? Why or why not?

We now have the technology to edit the genes of babies before they are born. What are the ethical implications of tinkering with the genome of an unborn child and creating so-called “designer babies”? Are there certain circumstances where this should be permissible? What are the potential downsides of such genetic interventions?

Discuss the importance of living an “evidence-based life” as described in the “Meet Your Future” chapter. What problems can arise when individuals and policymakers fail to use science and evidence as guides to solving problems?