



## Reading Group Guide for *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life* by Zoe Weil

1. How do you feel about the concepts, information and suggestions you learned about in *Most Good, Least Harm*? How have they changed the way you look at the world? Which concepts or suggestions did you find yourself most drawn to? Which did you find most challenging?
2. The primary premise of *Most Good, Least Harm* is that “When we do the most good and the least harm through our daily choices, our acts of citizenship, our communities, our work, our volunteerism, and our interactions, we create inner and outer peace.” What’s your reaction to this concept? Talk about a time when you have helped create inner and outer peace.
3. In Key 1, “Live Your Epitaph,” Weil describes a future scenario in which a child asks you what role you played in helping create a humane world. What would you want your answer to be? How much have you thought about the impact of your life on other people? On the planet? On animals? On the future?
4. Many books on sustainable, green or healthy living have focused on individual actions. Others focus on policy changes. Weil states that both are vital ingredients for real and lasting change. Do you share her perspective? Why or why not?
5. In Key 2, Weil discusses the importance of pursuing joy through service. What experiences have you had making a positive difference in the lives of others? How did that make you feel?
6. In *Most Good, Least Harm*, Weil talks about the influence of advertising and marketing in perpetuating a mindset focused on consuming an enormous amount of material goods and services. In what ways have you found yourself influenced by advertising? What steps might you take to reduce the influence of marketing and advertising in your own life?
7. Weil says that there is no one MOGO way to live, and that MOGO choices are variable, depending upon circumstances, temperament, skills, and other factors. How then can you distinguish for yourself between what is truly MOGO and what are excuses or desires masquerading as MOGO decisions? What are some MOGO choices that fit your particular skills and circumstances?
8. In Key 4, “Model Your Message and Work for Change,” Weil speaks of the importance of refraining from judging others. When have you judged others? What issues cause you to be quick to anger? When have others judged you, and how did that feel? How do we refrain from judging others who cause harm while not condoning their actions?
9. In Key 6, “Take Responsibility,” Weil quotes Derrick Jensen: “It is possible to kill a million people without personally shedding a drop of blood. It is possible to destroy a culture without being aware of its existence. It is possible to commit genocide or ecocide from the comfort of one’s

living room.” What do you think Jensen means by this? What is your reaction to it? Why do you think Weil included this quote in her book?

10. Weil discusses the essential and inherent interconnectedness of issues like human rights, environmental preservation, animal protection and media and consumerism, yet most individuals and organizations tend to focus on single issues or concepts. How do you think we can expand our circles of concern and the lenses through which we see the world, so that we perceive and act upon this broader interconnection?
11. Weil emphasizes the importance of avoiding either/or situations (jobs vs. environment, animals vs. people, environment vs. animals, etc.) and of focusing on holistic and third-side thinking. What do you think of this viewpoint? How might you practice third-side thinking in your own life?
12. Many people often feel that they are powerless to create meaningful change, and that they cannot influence policies and systems. Do you have times when you feel this way? Has what you’ve read in the book helped you feel more powerful? What might you tell others who feel powerless in order to empower them?
13. Throughout the book, Weil shares stories of others trying to live a MOGO life. Which stories did you find the most compelling? The most inspiring? The most challenging to your own way of life?