READER'S GUIDE: A MEASURE OF MY DAYS DAVID LOXTERKAMP

1. **Why do you think Dr. Loxterkamp chose to write this book?**
   a. **What is its value and meaning to him?**
   b. **What are some of the strengths and weaknesses of a journal format?**
   c. **If you were to write about your experiences as a physician, what form would you choose? Why? How might this writing help you?**
   d. **If you don't think writing about your experiences is beneficial, what do you do to achieve reflection, balance, and peace in your life?**

2. **Dr. Loxterkamp interweaves narrative about his marriage, his daughter, his town, his faith, his friendships with reflections about his patients, his practice, his collegial relationships, and his view of himself as a physician.**
   a. **Did you like this approach? Why or why not?**
   b. **What are some of the concerns and questions that Loxterkamp is juggling in his professional and personal lives?**
   c. **What did you learn about balancing personal and professional spheres?**

3. **What does being a physician mean to Loxterkamp? ((p. 2;9;97;248)**
   a. **How well does his vision match yours?**
   b. **What are points of similarity? Of difference?**

4. **What role does faith and religion play in Loxterkamp's life?**
   a. **What is the relationship between his faith and his practice? (p. 278-279;283-284)**
   b. **In your own life, is there a similar relationship? How are your deepest core values expressed in the way you practice your profession on a daily basis?**

5. **How would you assess Loxterkamp's marriage?**
   a. **What challenges does it survive? (p. 100-101;103-104)**
   b. **What, if anything, did its problem have to do with his being a family physician?**

6. **What is the significance of Dr. Loxterkamp's father also being a country doctor who died at age 48 of an MI?**

7. **Dr. Loxterkamp is refreshingly honest about how he feels toward some of his more challenging patients (p. 92-3;195-197;303-304) . What are some of the difficulties he wrestles with?**
   a. **How does he attempt to deal with them?**
   b. **How would you deal with the patients he describes?**