

## Further Reading

### **Love Warrior**

**Glennon Doyle Melton (2016)**

**BIOGRAPHY MELTON**

Traces the author's journey of self-discovery after the dissolution of her marriage, revealing how she found healing by rejecting gender standards and refusing to settle for a "good-enough" life.

### **Carry On, Warrior**

**Glennon Doyle Melton (2013)**

**BIOGRAPHY MELTON**

Glennon Doyle believes that by shedding our weapons and armor, we can stop hiding, competing, striving for the mirage of perfection, and ultimately build a better life in our hearts, homes, and communities. Readers will find a wise and witty friend who will embolden them to cut themselves a break and commit to small acts of love that can have an extraordinary impact.

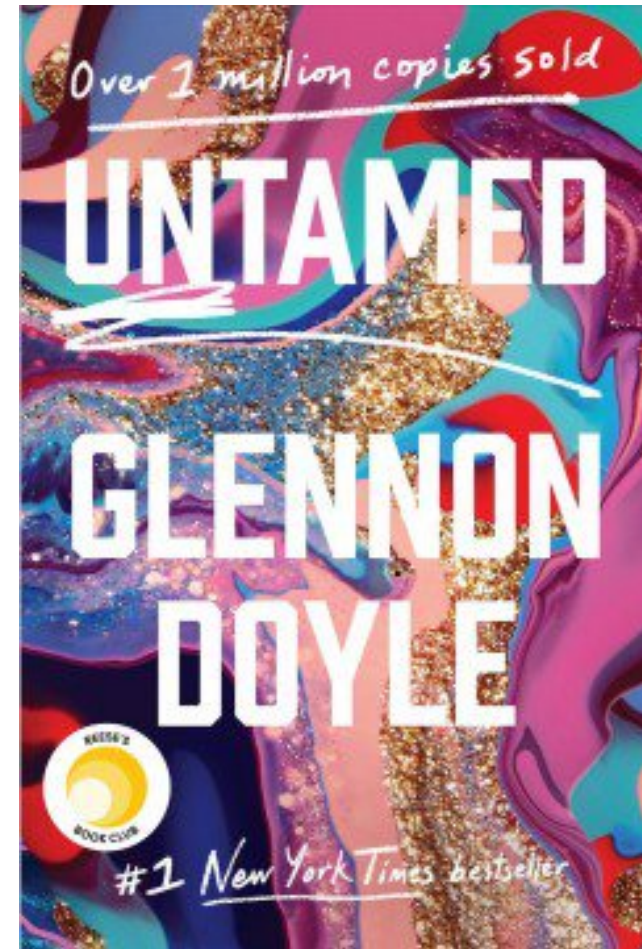
### **Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be**

**Rachel Hollis (2018)**

**SELFHELP HOL**

Drawing from her life experiences as a lifestyle guru, the author presents a guide to becoming a joyous, confident woman by breaking the cycle of negativity and burnout and pursuing a life of exuberance.

## Book Discussion Guide



## About the Book

An activist, speaker and philanthropist offers a memoir wrapped in a wake-up call that reveals how women can reclaim their true, untamed selves by breaking free of the restrictive expectations and cultural conditioning that leaves them feeling dissatisfied and lost.

## Discussion Questions

1. The book starts off with a prologue where Glennon and her family see a caged cheetah at the local zoo. This becomes a metaphor for all women to break free from their cages. Discuss this.
2. Glennon made huge changes in life: she got divorced from her husband and married female soccer star Abby Wambach. After she first meets Abby, Glennon writes on page 6: "I looked hard at my faith, my friendships, my work, my sexuality, my entire life and asked: How much of this was my idea? Do I truly want any of this, or is this what I was conditioned to want?" How much of our decisions are based on other people's expectations? Is there a balance between forging your own path and listening to advice from others?
3. Glennon talks about how women, especially, always go back to the mindset that they should be grateful for what they have and not really do anything to "rock the boat" so to say. Why does it seem that women are forced to be agreeable and satisfied while men seem to be allowed to want something more?
4. What did you think about the first meeting between Glennon and Abby? How did that change everything for her?
5. The key to freedom according to Glennon: feeling emotions, trusting intuition, embracing imagination and finding courage. Why do you think women tend to ignore those areas of who they are? Do you agree with her that by embracing those parts of themselves, women can truly be free?
6. Consider the quote: "When a woman finally learns that pleasing the world is impossible, she becomes free to learn how to please herself." What does this quote mean to you?
7. Glennon talks often about embracing one's Knowing. What is Knowing and how does it apply to you?
8. Glennon talks about God and religion throughout the book and says "to me, faith is not a public allegiance to a set of outer beliefs, but a private surrender to the inner Knowing." What do you think about her viewpoint on God and religion?
9. In the chapter where her mother is struggling with Glennon's sexuality, Glennon recognizes that while her mother loves her, they disagree about what's best for her. Glennon decides to trust herself more than her mother for the first time. She says that a woman becomes a responsible parent when she stops being an obedient daughter. What do you think about this concept and can you relate to it?
10. The book is positioned as insight about what it means to be a woman today. Do you agree that it speaks to contemporary womanhood successfully?

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