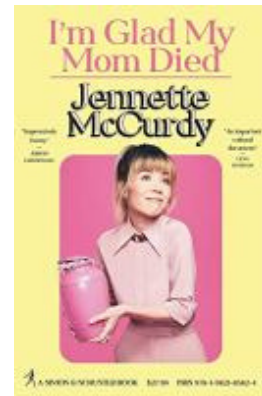


I'm Glad My Mom Died

by
Jennette McCurdy



Discussion Questions

1. The story is told through a series of linear vignettes, with some time gaps in between. How did that format work for you? Were you able to fill in the gaps?
2. Of all of the red flags in Jennette's relationship with her mom, which was the reddest for you?
3. Look, we aren't psychologists, but it's obvious that mental illness pervades Jennette's life— there are her own issues, and also that of her mother, boyfriend and perhaps even her father. How did you respond to reading about it? How might you have responded had you been a family member, fellow stage mom or friend?
4. "I'm becoming an angry person with no tolerance for anyone. I'm aware of this shift and yet have no desire to change it. If anything, I want it. It's armor. It's easier to be angry than to feel pain underneath it."

Was her anger an avoidance mechanism? Or did it ultimately save her?

5. "She wanted this. And I wanted her to have it. I wanted her to be happy. But now that I have it, I realize that she's happy and I'm not. Her happiness came at the cost of mine. I feel robbed and exploited."
6. Have you found yourself in circumstances where your desire to please others came at too high a cost for your own happiness or sanity? She says in the book that she had to get a handle on the disordered eating before she could deal with the rest. How did you respond to McCurdy's therapy journey? And what did you think of her first therapist? The hugging and the insistence on being Jennette's plus one at industry events. Was that a helpful approach, or did it smack a little too much of her mother's wannabe syndrome?
7. In interviews, McCurdy frequently deflects questions about the hush money offer from Nickelodeon. She felt that it's a headline grabber, but that focusing on it too much distracts from her primary narrative? If so, then why do you think she included it? And would you have taken the money?
8. Did you listen to the book on audio? If so, How did you respond to McCurdy's delivery?
9. "Why do we romanticize the dead? Why can't we be honest about them? Especially moms, they're the most romanticized of anyone."

Good question. Do we romanticize the dead? Is it OK to be glad (or at least relieved) when someone has died?

10. When you hear stories like this (and other high profile child star meltdowns from Lindsay Lohan and Brittany Spears), does it make you view young actors differently? How can you be a discerning consumer of entertainment that features minors? And what should the studios and agents be doing differently?



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How to Have Difficult Conversations about Race	by Kwame Christian
Someone Else's Shoes	by Jojo Moyes
The Ways We Hide	by Kristina McMorris
The Rose Code	by Kate Quinn
Spare	by Prince Harry
West With Giraffes	by Lynda Rutledge
Shout	by Laurie Halse Anderson
Speak (Novel Edition)	by Laurie Halse Anderson
Hester	by Laurie Lico Albanese
Hang the Moon	by Jeannette Walls
Homestead	by Melinda Moustakis
Dear Edward	by Ann Napolitano
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