

***I'm Glad My Mom Died* by Jennette McCurdy**

Discussion questions adapted from libromaniacs.com

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 stood out the most to you?
3. It's clear that mental illness pervaded Jennette's life— there were her own issues, and also those 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 to 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."

Have you found yourself in circumstances where your desire to please others came at too high a cost for your own happiness or sanity?

6. 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? What did you think of her first therapist (the hugging and the insistence on being Jenette'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 that's the case, 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?