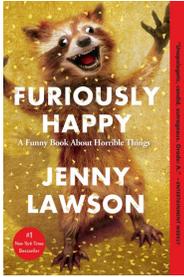


# Books by the Stack



## ***Furiously Happy: A Funny Book About Horrible Things* by Jenny Lawson**

Author Jenny Lawson explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas is what Jenny does best. This is a book about embracing everything that makes us who we are—the beautiful and the flawed—and then using it to find joy in fantastic and outrageous ways.

**Why you'll like it:** *Autobiography. Self-deprecating. Upbeat, Candid.*

**About the Author:** Jenny Lawson was born in Wall, Texas in 1973. She is an author, blogger and journalist. Her alma mater is Angelo State University. Her work includes, The Bloggess website, co-author of Good Mom/Bad Mom for the Houston Chronicle, and two bestsellers, Let's Pretend This Never Happened (2012) and Furiously Happy (2015). She is an award winning humor writer who openly shared her struggle with depression and mental illness. Jenny lives with her family in Texas Hill Country.

### **Questions for Discussion**

1. Jenny Lawson is open about her struggle with mental illness. Has this book altered your view of those who face mental issues or given you greater insight of their plight?
2. Cancer patients, Lawson tells us, are not blamed for their failure to respond to treatment, but the same cannot always be said for those who suffer from mental illness. Why is that?
3. Do you personally know people – friends or family members – who suffer from any of the illnesses that Jenny Lawson discusses? If so, how do they cope, and how do the people close to them, perhaps yourself included, deal with their illnesses?
4. Talk about the use of humor in *Furiously Happy*. How does it affect your reading of this book? Why might Lawson treat such a serious, often tragic, subject with laughter?
5. What is the significance of the title, *Furiously Happy*?
6. What can we do to make people more aware of the mental illness and to accept it as a disease?
7. What aspects of the story or the author's life touched you personally?

*(Questions from the LitLovers.com)*



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