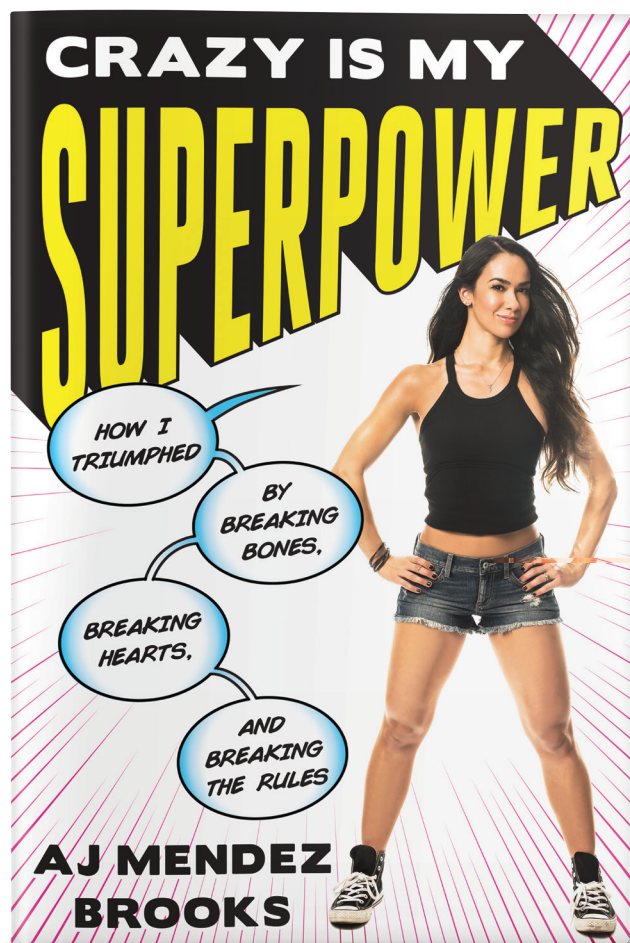


# AJ'S READING GROUP GUIDE



Welcome to the Reading Group Guide for *Crazy Is My Superpower*. I consider you all a part of my personal book club, mostly because as a child I was never invited to a tree house, lunch table, girls' club, boys' club, Baby Sitter's Club, or party, and now I desperately crave human companionship. But ALSO because I hope this book will start several important conversations. I encourage you to get together with your friends and inspire one another to bravely open up about your relationships, your health, your struggles, your choices, and your self-worth. Below are discussion questions, my personally curated book-themed playlist, and completely normal suggestions on how to get the most out of your reading experience. Enjoy our Crazy Book Club!

## SUGGESTIONS AND/OR WAYS TO WIN BOOK CLUB:

- ▶ If you have a life-size cardboard cutout or flattering 8x10 of me, please give it a seat at your book club gathering. If not, simply imagine me adding these anecdotes sporadically into your group's conversation: "Oooohh guuurrrlll," "Do you want me to beat him up for you?", "Fuck that noise!", "You are a thousand percent in the right and smell amazing", "UP TOP!" (followed by an emphatic high five that almost certainly misses), and the occasional snort laugh.
- ▶ Enjoy your reading experience the same way I do, by including these essential items: sweatpants, an endless cup of coffee (Points for fun mugs!), an assortment of donuts/pastries/cookies (Points for rainbow sprinkles!), and a ridiculously cozy throw blanket (Points for that mermaid tail Snuggie!).
- ▶ Take pictures and share them with me on social media by tagging me @AJBrooks on Twitter and @OfficialAJMendez or on Instagram using #CrazyIsMySuperpower and #CrazyBookClub.

## DISCUSSION QUESTIONS

1. AJ seems to be a hot mess of contradictions. She is a pip-squeak and yet dangerously aggressive, she is unhealthily self-deprecating while also unreasonably confident, she is uncoordinated but inexplicably an athlete, and she is somehow both introverted and an obnoxious loudmouth. Do we have both sides of the coin inside of us or does AJ just need to get her shit together?
2. AJ begins the book from the perspective of an innocent child and eventually let's us see her grow into an adult with the mouth of a sailor on leave. Discuss a pivotal moment in your childhood that has shaped who you are today.
3. AJ believes the only way to find love is to love yourself first. (On an unrelated note, she also seems to insult the people she loves the most with reckless abandon.) Is she just a cold shrew who needs to lower her guard, or is self-love truly the key to a healthy relationship?
4. AJ tends to dive in headfirst without worrying about potentially crashing and burning. What is the craziest decision you've ever made? And what do you regret more: embarrassing errors in judgment or the chances you didn't take?
5. AJ and her family made the mistake of suffering through depression in silence. How would you encourage someone to feel safe reaching out for help? What can a loved one do to make approaching the topic of depression and mental illness easier? What can a stranger do?
6. In chapters 11 and 13, AJ discusses the social crimes of men against women and of women against women, respectively. What is more important to you: support, understanding, and camaraderie with the opposite sex or with the same sex? Which is more vital to the success of women in the workplace?
7. AJ believes in repossessing hateful words as terms of endearment in order to take their harmful power and stigma away. Do you find her use of the word "crazy" liberating? Or does this crazy bitch need to take it down a few notches?
8. AJ's story encourages female empowerment and becoming your own hero. What steps can you take every day to rescue and empower yourself? What stands in your way? May AJ offer you her help in burning it to the ground?

## MY SUPERPOWER-ED PLAYLIST

1. Metric - "Black Sheep"
2. Ingrid Michaelson - "Be OK"
3. Girlpool - "Slutmouth"
4. Daddy Issues - "Creepy Girl"
5. Kim Richey - "A Place Called Home"
6. Tacocat - "Dana Katherine Scully"
7. Sleater-Kinney - "Modern Girl"
8. Bikini Kill - "Feels Blind"
9. Metric - "Blindness"
10. Komeda - "It's Alright, Baby"
11. Bikini Kill - "Rebel Girl"
12. Lesley Gore - "You Don't Own Me"
13. Paramore - "(One of Those) Crazy Girls"
14. Tegan and Sara - "Closer"
15. Arcade Fire - "Crown of Love"
16. Tacocat - "Hey Girl"
17. Joan Jett - "Bad Reputation"
18. Off With Their Heads - "I Just Want You to Know"
19. The Bouncing Souls - "Coin Toss Girl"
20. Lily Allen - "Hard Out Here"
21. Ingrid Michaelson - "Over the Rainbow"
22. Metric - "Twilight Galaxy"