

Book Club Kits!

FURIOUSLY HAPPY: A Funny Book About Horrible Things



About the Author:

Jenny is a columnist, blogger and #1 NYT best-selling author. Her personal blog (www.thebloggess.com) is extremely popular, averaging millions of page views a month. She was recognized by the Nielsen ratings as one of the Top 50 Most Powerful Mom Bloggers, who named her part of the Power Pack. She's been featured on Gawker, Salon.com, Mashable, Babble, The London Times, The Washington Post, People, O Magazine, CNN, The Today Show, and a Houston Press cover story recently called her "a local – if not national - treasure". MSNBC calls her an "internet rockstar" and Forbes repeatedly lists thebloggess.com as one of their Top 100 Websites for Women, and Katie Couric calls her "Hilarious." She is a repeated finalist (and an occasional winner) in the Weblog awards for Best Writing, Most Humorous Writer, Best Design, Blog of the Year, and Lifetime Achievement. She was recently named The Huffington Post's Greatest Person of the Day and has fooled many people into thinking she's very important. She is a sought-after speaker, and has hundreds of thousands of twitter followers, including Ellen DeGeneres, the Today Show, Barack Obama and many more. Her first book, *Let's Pretend This Never Happened: A Mostly True Memoir*, is a #1 NYT best-seller and spent more than half a year on the NYT best-seller list.

From Speakerpedia.com



Inside the kit:

- (8) book copies
- (1) book club guide



About the Book:

From Publishers Weekly

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 are what Jenny does best.

*"...Most of my favorite people are dangerously f**ked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote in The Breakfast Club, "We're all pretty bizarre. Some of us are just better at hiding it." Except go back and cross out the word "hiding."*

Furiously Happy is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life."

It's the difference between "taking a shower" and "teaching your monkey butler how to shampoo your hair." It's the difference between being "sane" and being "furiously happy."

Lawson is beloved around the world for her inimitable humor and honesty, and in *Furiously Happy*, she is at her snort-inducing funniest. 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.

Because as Jenny's mom says, "Maybe 'crazy' isn't so bad after all." Sometimes crazy is just right. *(From the publisher.)*

Suggested Reads:

Daniel Smith
Monkey Mind

1. Jenny Lawson is open about her struggle with mental illness. Has this book altered your view of those face mental issues or given you greater insight to 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”?

(Questions by LitLovers)