



Book Club in a Bag

Discussion Questions

How to Age Disgracefully by Clare Pooley

1. This story is told from the perspective of four main characters. Which character did you like the most and why?
2. The main characters in the novel are a teenaged single father, a menopausal empty-nester, and two septuagenarians. Which of these life stages do you think is the hardest to navigate?
3. “When age makes you invisible, secrets are easier to hide”. Is this true? Can you think of any examples?
4. Which of the characters in the novel do you think changes the most during the story?
5. Art and Daphne are both criminals. Are there mitigating circumstances for why this is? Can you forgive them?
6. Ziggy breaks the law – getting caught up in drug dealing. Why does he do this? Does he have any other choice?
7. We never meet Ziggy’s mother. What are your impressions of her and her parenting?
8. Is Lydia’s revenge on Jeremy justified and proportionate? Should she take him back?
9. In Clare Pooley’s author’s note she says that older characters in novels are often stereotyped. Is this true? If so, what are the stereotypes you’ve noticed?
10. If you had to choose a permanent carer for Maggie Thatcher, who would it be and why?

The above questions were taken from
<https://www.penguinrandomhouse.com/books/729893/how-to-age-disgracefully-by-clare-pooley/9780593907764/readers-guide/>
to enhance your discussion of the book.

Author Biography

Clare Pooley graduated from Newnham College, Cambridge and spent twenty years in the heady world of advertising before becoming a full-time mum.

Realising that her 'wine o'clock' habit had spiralled out of control, Pooley started writing a blog, *Mummy was a Secret Drinker*, which has had nearly three million hits. Her memoir, *The Sober Diaries* was published in 2017 to critical acclaim. Pooley's debut novel - *The Authenticity Project*, inspired by her own experience of exposing the truth about her own seemingly perfect life, was a New York Times bestseller.

Author Website: <https://clarepooley.com/>

Book Club in a Bag Terms of Use

Simplify your book club selection with Book Club in a Bag! Visit our website at www.cplma.ca/bookclubinabag to see a list of available titles, view the availability calendar, and submit a request.

Booking a Kit

- Booking may be made up to a year in advance.
- Please check the calendar accessible on our website for availability.
- Fill out the form with your information, and a staff member will be in touch to confirm your booking.
- Pick up your hold at the service desk. Your notification may come in a few days early, but it will remain available until your specified pick-up date.

Terms of Loan

- 12 copies are included in each kit.
- 6-week loan period.
- No renewals.
- Kit may be picked up at or returned to any CLMA library location.
- Kit must be returned at the service desk during operating hours, not through an exterior drop box.
- All items are checked out to one person's card.
- The person who borrowed the kit is responsible for:
 - The distribution and return of all items to their group members; and
 - Any damages to the books/bag, or lost items.
 - The cost of a damaged or lost book varies depending on the item.