

PINGEL SISTERS BOOK CLUB

Girl, Wash Your Face by Rachel Hollis

Discussion Questions

RATING

There have been a lot of mixed reactions to this book. Some people adore Rachel and find her story incredibly relatable; others find her obnoxious and out of touch. Are you on one side or the other or somewhere in the middle?

THEMES

Every chapter of the book follows the same format: Identify a lie we tell ourselves, share a meaningful personal story on why it's a lie, and then identify three truths you should actually tell yourself. While reading this book, did you identify any lies you tell yourself? What truths do you think you should replace it with?

RELATABILITY

Throughout the book, Rachel emphasizes how she's just like you. "I'm one of the nerdiest people you're likely to meet," (page 3), she states. Or other statements like, "Ya'll, I'm no saint," (page 64), "...not in a way that makes tangible sense to a virginal clarinet player..." (page 74), "I'm bad at pregnancy." (page 82), and much more. Do you find these statements authentic?

TRUTH AND LIES

Rachel truly believes in all of the truths she has told herself, but that doesn't make her statements true for everyone. What "truths" has she told herself that are lies in your life? Or vice versa, what "lie" did she highlight that is actually a truth for you?

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The Forgotten Garden by Kate Morton

Discussion Questions

YOU CONTROL YOUR SUCCESS

The bottom line of the book is that you control your destiny. "I'm an expert in bouncing back from rejection and fighting my way toward my goal," she confidently states on page 55. And she often makes assertions that your failure is SOLELY on you and your outlook. "...taking the easy way out is how you end up on the sofa, fifty pounds overweight, while life passes you by," (page XV). Or "...if you're unhappy, that's on you." (page 5). Or how about, "...ultimately nobody is going to help you achieve (your dream)," (page 70) Do you agree with this assertion? Why or why not?

SUPPORTING WOMEN

Rachel sells advice for a living. It's not a dig, she literally says that on page 115. And yet, many of the criticisms against her book say that she assumes her white heteronormative upper middle-class Christian worldview is exactly what ALL women experience. Critics point out that she has benefited from a socio-economic background that provided few have: landing a job at a prominent film company that lead to money and a rich partner who in turn can pay for needs like mental healthcare, access to other prominent individuals in society, in-home childcare, and much more. Do you think her advice benefits all women? Or is she simply making money selling advice to women who fit the same worldview?

RESEARCH

Do you prefer fewer or more questions? What do you think is the sweet spot for number of questions?