

# READING GROUP GUIDE

*You Do You*

By Sarah Knight

*This reading group guide for **You Do You** includes an introduction, discussion questions, and ideas for enhancing your book club. The suggested questions are intended to help your reading group find new and interesting angles and topics for your meeting. We hope that these ideas will enrich your conversation and increase your enjoyment of the book.*

## **Introduction**

“Hilarious, irreverent, and no-nonsense...*You Do You* is all about being yourself, putting your own happiness first, rejecting any social contracts that aren't working for you, and living life from your own place of power. Get it girl.”—*Bustle*

From the *New York Times* bestselling author of *The Life-Changing Magic of Not Giving a Fuck* and *Get Your Shit Together* comes more straight talk about how to stand up for who you are and what you really want, need, and deserve—showing when it's okay to be selfish, why it's pointless to be perfect, and how to be “difficult.”

It's time to put your happiness first—and stop letting other people tell you what that happiness should look like or how you can achieve it. In *You Do You*, Knight offers her trademark no-bullshit advice, which the *Boston Globe* calls “self-help to swear by.”

## **Topics & Questions for Discussion**

1. Congratulations on finishing *You Do You*! It's time to celebrate what makes you who you are—whether it's being shy or putting traffic cones on your head at parties. Share the things that define you with your book club and listen to theirs, too. Did you discover any unexpected crossovers?

2. Knight refers to herself at “that foul-mouthed anti-guru Sarah Knight.” (p. 16) How and why do you think she wears that description like a badge of honor?

3. Let’s talk “Lowest Common Denominator Living.” (p. 29) What exactly is it? Have you ever found yourself guilty of practicing Lowest Common Denominator Living? Tell your book club about the steps you’ve taken after completing *You Do You* in order to break the cycle. Share and compare tips.

4. What is the social contract, according to Knight? How does it function? Discuss Knight’s amendments—were there any that you identified with? Which ones and why? Are there any other amendments that you think should be added? If so, tell your book club what they are, explaining your reasoning behind the amendments.

5. Were you raised to believe in the Golden Rule? What is it? According to Knight, a piece is missing from it in order to properly follow it. Explain her position. After reading *You Do You*, did you take time to establish what you “want, need, and deserve from life?” (p. 33) What are your WNDs?

6. Knight writes that *You Do You* is probably her most personal book, “though I think it’s also the most universal.” (p. 10) Do you agree with regard to the universal nature of the lessons in the book? Explain your answer.

Knight includes a lot of personal anecdotes in *You Do You*. What was the effect of reading them? Did you feel empowered by knowing that Knight faced challenges that may be similar to yours and was able to overcome them?

7. Maybe you’ve discovered that when it comes to doing you, *everyone* seems to have an opinion. If you’re looking for ways to silence them, Knight suggests you “fly under the radar” (p. 150), reporting that she and her husband did this while planning their big move to the tropics. Why did they choose to keep their plans to themselves? Can you think of any instances where you shared your plans and then regretted doing so? Are you planning anything big now? Congratulations! (Don’t feel the need to share it with your book club.)

8. Rules are meant to be followed, right? But what if they’re not? Knight writes that “I broke a few. And what do you know? I actually achieved more happiness and success.” (p. 57) Think about the rules that you follow. Are any of them nonsensical to you? Which ones and why? Try breaking them and see what

happens! What are you hoping to gain by following your instincts rather than the rules?

9. Knight recounts how, as a young teen, she told a friend's parent that she wanted to be a hairdresser, and the woman responded by urging her "to consider how much 'more' I could do with my life than frost tips and get high on perm fumes." (p. 207) How did this woman's reaction affect Knight? Why do you think the woman felt license to express her disapproval? Having read *You Do You*, how would you react if you found yourself in a similar situation?

10. Explain the concept of "SPF Happy" (p. 67) Did learning about it help you reframe your own ideas about the concept of selfishness? If so, how? Knight includes various metaphors throughout *You Do You* to illustrate the concepts that she's discussing. Were there any that really resonated with you? What were they?

11. "When push comes to shove," Knight writes, "everyone's better off with a difficult person in their corner." (p. 126) Discuss this statement. How can being "difficult" be a positive trait? Think about the "difficult" people in your life who you hold in high esteem. What is it that you admire about them?

12. According to Knight, "marriage—or any romantic partnership—is Exhibit A for the benefits of going outside the bloodline." (p. 239) What does she mean by that? Do you agree with her position about not always putting your family first? Why or why not?

13. Are you the family "black sheep?" When encountering your family's judgement Knight "recommend[s] just...agreeing with them." (p. 234) Explain her counterintuitive advice. Have you tried it? If so, what were the results?

### **Enhance Your Book Club**

1. When it comes to breaking rules, Knight declares "I'm a role model, is what I'm saying." (p. 59) In what ways is she inspiring to you? If you haven't read Knight's other *No Fucks Given* guides, read them now and discuss them with your book club. What takeaways did you find most transformative?

2. On pages 69 and 162, Knight shares what her version of a motivational poster would look like. What would yours look like? Show, don't tell! Create your very

own motivational poster—maybe as an activity with your book club—then display it in a prominent place as a daily reminder to “do you.”

3. When Knight is asked by interviewers “What would you tell your younger self?” she reports that her response is always “You don’t have to be perfect.” (p. 90) What advice would you give your past self? Write your younger self a letter similar to the one that Knight includes in *You Do You* and share it with your book club (if you feel comfortable). What did you learn about your wants and needs by writing this letter?

4. During her previous career as a book editor, Knight reports that “a memorable sob session occurred...when my then-boss told me I had ‘difficult’ taste.” (p. 122) Read some of the books that Knight acquired and edited such as *Luckiest Girl Alive* by Jessica Knoll, *I Can Barely Take Care of Myself—Tales from A Happy Life Without Kids* by Jen Kirkman, and *How to Murder Your Life* by Cat Marnell. What do you think about the criticism leveled against her from her boss?

5. To learn more about Sarah Knight, go to her official site, <https://nofucksgivenguides.com>. There you can watch her TEDx Talk, read articles she’s written, find information about her other books, and sign up for her “No-Fucks-Given Newsletter.”