

## **Your own kind of girl by Clare Bowditch**

### Summary

YOUR OWN KIND OF GIRL reveals a childhood punctuated by grief, anxiety and compulsion, and tells how these forces shaped Clare's life for better and for worse. This is a heartbreaking, wise and at times playful memoir. Clare's own story told raw and as it happened. A reminder that even on the darkest of nights, victory is closer than it seems.

With startling candour, Clare lays bare her truth in the hope that doing so will inspire anyone who's ever done battle with their inner critic. This is the work of a woman who has found her true power - and wants to pass it on. Happiness, we discover, is only possible when we take charge of the stories we tell ourselves.

### Discussion questions

1. Discuss the cover of the book and how it represents the spirit of the memoir.
2. Discuss the line 'Grief makes vessels of us all'
3. The author is saved/helped by a book (Claire Weekes books on anxiety), has a book ever helped you in a profound way?
4. How has this book made you examine how you speak to yourself?
5. Discuss the power of words effect on others and how this can feed the inner voice.
6. The author called her inner anxious voice 'Frank', what would you name yours?