

30 Things I Love About Myself Reader's Guide



30 Things I Love About Myself

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[A Penguin Random House Reading Group Guide](#)

Reader's Guide

Discussion Questions:

1. At the start of the book, Nina can barely think of six things she loves about herself. Could you write a list of things you love about yourself? Do you think it's important to love yourself?
2. Something Nina really struggles with is loneliness—within her former relationship and with her friends—whilst solitude seems to help her heal. Do you think there is a difference between being alone and being lonely?
3. Nina gets canceled for her views on race. What are your thoughts on how she handled the situation?
4. Alejandro is incredibly harsh to Nina when they break up. Do you think his reaction was justifiable?
5. Nina's family takes up a big part of her life. How do you feel about her attempts to help Rupa and Kal? What do you think of Auntie Trish?



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6. Rupa doesn't think a mother and daughter should be friends and she stresses that while she loves her daughter, she doesn't always like her. Is this an unusual depiction of a mother-daughter relationship? How does it compare to other mothers and daughters in popular culture?

7. Spirituality plays a huge role in Nina's journey toward loving herself. Are there any particular messages that really resonated with you that you'd like to incorporate into your own life?

8. Nina also goes on a journey to create new friends as an adult (as well as heal an old friendship . . .). Can you relate to any of her friendship struggles? Which of her friends did you like the most?

9. Rupa and Nina both date at the same time. What do you think about their different approaches to dating? Do you think they show anything about generational differences in attitude?

10. Nina's journalism is focused on tackling complex topics and raising awareness. What did you think about the articles she wrote and the messages behind them?

11. *30 Things I Love About Myself* doesn't finish with a traditional romantic happy ending. What did you think of this ending for Nina's story? What do you imagine her going on to do in the future?



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