

ALPHA SIGMA ALPHA ALUMNAE BOOK CLUB DISCUSSION QUESTIONS  
MARCH 2021 – “UNTAMED” BY GLENNON DOYLE

1. What was your favorite story or moment in “Untamed”?
2. The book is positioned as insight about what it means to be a woman today. Do you agree that the book achieved this?
3. As women we are often taught to be selfless. Glennon challenges that notion and says that instead, “What we need right now is more women who have detoxed themselves so completely from the world’s expectations that they are full of nothing but themselves. What we need are women who are full of themselves. A woman who is full of herself knows and trusts herself enough to say and do what must be done. She lets the rest burn”. Do you agree with Glennon’s statement? Why or why not?
4. What did you think about the first meeting between Glennon and Abby? How did that change everything for her?
5. When Abby tells Glennon's parents about her wish to marry their daughter, Glennon's mother says, “I have not seen my daughter this alive since she was ten years old.” This prompts Glennon to ask: “Where did my spark go at ten? How had I lost myself?” She soon recognizes that at age ten, she began to let go of her true self to be the “good girl” society expected her to be. She writes, “I was wild until I was tamed by shame.” How would you describe yourself as a young child? Does a particular age in your childhood stand out as pivotal turning point for you?
6. Glennon talks about how women, especially, always go back to the mindset that they should be grateful for what they have and not really do anything to “rock the boat” so to say. Why does it seem that women are forced to be agreeable and satisfied while men seem to be allowed to want something more? Or do you not agree this concept?
7. Throughout the book, Glennon mentions multiple occurrences where she finds her children following expected gender norms. She even notices the differences in marketing for her children’s hair care products. Is this something you notice and question in day-to-day life? For any mothers, have you had similar experiences with your own children?
8. In the chapter where her mother is struggling with Glennon’s sexuality, Glennon recognizes that while her mother loves her, they disagree about what’s best for her. Glennon is going to have to decide who she trusts more: her mother or herself. And for the first time, she decided to trust herself and that’s when she became an adult. She says that a woman becomes a responsible parent when she stops being an obedient daughter. What do you think about this concept and can you relate to it?
9. The key to freedom according to Glennon: feeling emotions, trusting intuition, embracing imagination and finding courage. Why do you think women tend to ignore those areas of who they are? Do you agree with her on this that by embracing those parts of themselves, women can truly be free?
10. What are your key takeaways from this book?