

DISCUSSION QUESTIONS

1. With this book, Jess Johnston shares the story of how she went from a girl who “hated her flaws and was at war with herself” to embracing the imperfect woman she is today. Talk about whether her life experience resonates for you, and how.
2. What does *Perfect Is Boring* have to say about living authentically, without apology? Take a moment to discuss what radical self-acceptance looks like to Jess—and to you.
3. “Women struggle with feeling that they’re not quite enough,” writes Jess. Why do you think women are so hard on themselves? In what ways does society’s emphasis on perfectionism affect women differently than men?
4. What does being real mean to you? How, if at all, does this book inspire you to take a closer look at yourself—and learn to like what you see?
5. *Perfect Is Boring* emphasizes the importance of choosing a messy, meaningful, pleasurable life over striving for a just-so, curated one. How can we incorporate this mindset into our daily lives and encourage others to do the same?
6. What are the lies that keep you from dreaming big? How do you face life’s challenges without fear of failure?
7. Jess offers hard-won, often hilarious words of advice in this book. Which ones did you take to heart and why?
8. Do you have any further thoughts about the content, themes, or other takeaways from this book that you’d like to share? If you could ask the author one question about *Perfect Is Boring*—from her personal history to her research—what would it be?

PERFECT IS BORING (And It Tastes Like Kale) JESS JOHNSTON

