Discussion questions

At the beginning of the book, Annie is angry, unhappy, and bitter. Did you sympathise with her or feel she needed to change her attitude?

Polly and Annie become friends despite being very opposed in background and personality – do you think friendship can blossom despite differences?

Polly has a stock of ‘inspirational’ sayings and quotes. Do you find these helpful or annoying?

Annie has been through some terrible things – divorce, bereavement, a parent with dementia. Do you think that, as Polly maintains, simple actions like gratitude lists can help with such major issues?

Have you ever tried a challenge like the 100 Happy Days? Did you find it helpful?

Who was your favourite supporting character and why?

Some of the happy day challenges are very small, like having a piece of cake or going for a walk. Do you think small things like this can increase your happiness?

Is Annie right to quit her job because she’s so unhappy there, or is this a bit reckless?

Polly creates a video message to be played at her funeral and tries to organise a memorial while she’s still alive, so she gets to be there – what do you think of these ideas?

Dr Max says that Polly’s happiness and outgoing personality are caused by her brain tumour – how much of this do you think is true? Was Polly actually in denial for much of the book?

Annie’s former best friend married her ex-husband. Is this something you could ever forgive?

In what ways do you think Polly and Annie helped each other?