

## *All the Feels* Discussion Questions

1. For different reasons and in different ways, both Alex and Lauren are more than willing to sacrifice their own interests for the good of others. How do they each sacrifice themselves, and why? Under what circumstances is self-sacrifice a good thing, and when does it become more problematic?
2. Do you think Alex's outburst in response to Ron's insult toward Lauren at Con of the Gates was justified? If so, why? If not, what—if anything—should he have done instead?
3. At the beginning of the book, Lauren takes leave from her work as an emergency services clinician at the ER because of profound burnout. How do you think you'd handle work like hers? What do her experiences there tell us about the U.S.'s approach to mental health? If you could change anything about that approach, what would you do?
4. Where do you think Alex falls on the delightful/asshole continuum? How long would you be able to live with him before employing a muzzle or noise-canceling headphones? Or would you employ other means to stop him from talking, as Lauren does?
5. Lauren is a fat woman, as is April from *Spoiler Alert*. How effective do you think the body positivity and fat acceptance movements have been? If they've changed anything, what changes have you noticed? How does fat-shaming still occur in our society, and why? How is navigating the world more difficult for people with fat bodies? What difficulties does Lauren experience, for example?
6. There are many different kinds of fat bodies. April from *Spoiler Alert*, for example, has more of an hourglass shape (albeit with a larger waist), while Lauren is more of an apple shape, with small breasts and a large belly. Even within body-positive media, are certain types of fat bodies seen as more acceptable and beautiful than others? If so, which ones and why?
7. How realistic do you find the idea of a handsome television star falling in love with a fat woman? If it's not realistic, why not? If it is realistic, how could you see such a relationship playing out in real life?
8. Alex's mother is a survivor of domestic violence, and the aftermath of that abuse affects both of them in profound ways. How do the effects linger for Alex and Linda? How much responsibility do family members and friends bear when someone they care about is experiencing domestic abuse? If they do have responsibilities, what are they, and where do those responsibilities end?
9. In what ways does Alex's ADHD influence his life? Are all those effects negative, or are some positive too? Do you find Dade's portrayal of ADHD accurate and/or informative?
10. How does our society treat people who are considered ugly? Why? Can that treatment be changed, do you think? And if so, how?

11. Alex and Lauren take a very enjoyable road trip up the California coast. If you could take your own road trip, where would you go and why?

12. Over the course of *All the Feels*, Alex both uses his fame for his own purposes and finds himself at the mercy of the media. How does his celebrity status impact his life, for good and ill? How does media (traditional *and* social) attention both help and hurt celebrities in general?

13. Alex spends much of his money on charitable causes. What responsibilities do the wealthy have toward the less fortunate, do you think? How do you feel about the amount celebrities (movie and television stars, athletes, etc.) are paid versus teachers or retail workers or people like Lauren?

14. If you could live in your own mini-castle, how would you decorate it? Would you do your best to make it better than Ian's, because you definitely should? How? How would you make sure *your* dungeon hit the cover of *Modern Dungeons Monthly*, rather than his?

15. What do you think of the concept of Big Harpy Energy? Why do both Sionna and Alex nudge Lauren to embrace that concept? Should more women do the same? Why or why not?

16. As Alex clearly states, his favorite fanfiction stories involve soulmates/soul marks, closely followed by those featuring the only-one-bed trope. (He's also very fond of stories involving pegging, obviously.) What's *your* favorite romance and/or fanfiction trope? Why?

17. Have you written fanfiction? If so, what was your fandom? For those who haven't: If you did write fanfiction, what characters would you choose to write about?

18. Did any lines or scenes in the book make you laugh out loud? If so, which ones? And which ones, if any, made you cry?

19. Why do you think Dade wrote this story? What themes or messages do you think were most important to her?

20. Who's your favorite secondary character in *All the Feels*, and why?