



'ish: The Problem with our Pursuit for Perfection and the Life-Changing Practice of Good Enough'

Book Club Discussion Questions

If you're a member of a book club or book group and you're reading and discussing *'ish: The Problem with our Pursuit for Perfection and the Life-Changing Practice of Good Enough'*, feel free to make use of these questions for reflection, discussion and conversation.

1. What part/s of the book resonated with you the most?
2. When Lynne did the all-nighter in Barcelona, she wound up feeling worse and not achieving a whole lot. Have you had a similar 'all-nighter' experience? Share your story and what happened.
3. When have you accidentally ished and everything ended up ok?
4. When might you have deliberately ished? What happened?
5. Have you noticed ish more often since reading the book?
6. What's your experience of a perfectionist boss? Have you held a role - employed, volunteer, community - where the leader was a perfectionist? What did they do that showed their perfectionist personality?
7. How has a perfectionist boss impacted you? What lessons have you learned about their behaviour that you might avoid exhibiting?
8. What are your thoughts about the research data on perfectionism?

9. Could you identify yourself or someone else in the three types of perfectionism?
10. Where in your life do you think you spend too much time trying to make something 'perfect'? How might you wish it instead?
11. What's a favourite quote, story or segment from the book? Why?
12. What feelings did this book bring up or evoke for you?
13. What do you think was the main message the author was aiming to get across?
14. What did you already know about perfectionism prior to reading the book? What do you know now?
15. What other questions did the book bring up for you?
16. What about the chapter and topic on 'to wish or not to wish'? What has it made you think about times you absolutely wouldn't want to wish, versus other times when you wouldn't care or mind?
17. Has the book changed your opinion or perspective on anything? What and how?
18. What else would you want to know about this topic?
19. What questions would you have for the author, Lynne Cazaly?
20. Other questions of your choice...