

SELFISH

BOOK CLUB GUIDE

1. **KERRY DESCRIBES AN INTERNAL SPLIT THAT HER FAMILY WARNED ALEX ABOUT**—a people pleasing, sunny self and a darker, self-prioritized side. What versions of yourself are in constant conflict? Which one do you present to the world, and which one do you keep hidden? What would happen if your “darker” side stopped apologizing and took control?
2. **KERRY BUILDS FAHERTY WITH HER SPOUSE, HIS TWIN, AND HER MOTHER-IN-LAW**—blurring lines before they’re even drawn. At what point does “family first” become a liability? What boundaries should have been non-negotiable from the start? Have you ever prioritized closeness or loyalty to your family in a way that compromised some of your own needs?
3. **LIVING AT THE OFFICE. SHARING A BATHROOM WITH EMPLOYEES. SLEEPING IN THE SAME ROOM.** These scenes push intimacy past what most people would tolerate. Did you read these moments as devotion, delusion, or desperation? When have you crossed a work–life boundary and convinced yourself it was “temporary” or “necessary”? Was it worth the cost?
4. **KERRY INSISTS ON TELLING HER TRUTH, EVEN WHEN IT WOUNDS.** Which truths do you think were hardest for her loved ones to hear—and why? When does honesty become self-serving? Is there a truth you’re sitting on because it would disrupt the version of you people are comfortable with? (Optional: write it down anonymously and decide whether to read them aloud.)
5. **KERRY ADMITS TO AN EMOTIONAL AFFAIR WITH BEAU.** Where do you draw the line between friendship, intimacy, and betrayal? Is emotional cheating more forgivable than physical cheating—or more dangerous? And what other acts of betrayal happen in the book? Kerry notes that “if the business was Alex’s mistress, she had won.” Is that a fair comparison or justification for her relationship with Beau?
6. **“I LOVED MY KIDS, BUT I DIDN’T LOVE MOTHERING.”** Kerry admits to resisting the constant demands of caretaking. Did this honesty make you uncomfortable? Judgmental? Relieved? Why are mothers expected to find fulfillment in sacrifice in ways fathers are not? Kerry explores the ways she assesses if she is a “good” mom at the end of each day as if it were a math equation. How do we and should we define “being a good mother”?

7. BOTH KERRY AND ALEX GIVE UP PARTS OF THEMSELVES FOR FAHERTY and for their family. And there is a lot of discussion around “fairness” around salary, equity, work ethic, and the value placed on different types of skill sets. How do gender, money, entrepreneurship, and family complicate the idea of “fairness” here?
8. KERRY REFLECTS ON PARTS OF HER UPBRINGING and the ways she took on the role of the “easy” child. How do these inherited dynamics show up in her adulthood, her marriage, her work, and her need to be liked? What emotional roles did you inherit in your family? How are they still running your life?
9. IN WORK, LOVE, AND MOTHERHOOD, KERRY OPENLY NAMES MANY OF HER MISTAKES. Are there moments where self-awareness stops short of responsibility? Did you ever feel she was asking for understanding without fully reckoning with the consequences? Where do you do the same?
10. IS KERRY SELFISH? WHY OR WHY NOT? And when does self-preservation get mislabeled as selfishness, especially for women? Think of a trait you’ve been taught to feel ashamed of, such as ambition, detachment, desire, anger. If that word were the title of your memoir, how would it feel to claim it publicly? What freedom might come from owning it without apology?

