



FORGET THE FAIRY TALE AND FIND YOUR HAPPINESS

By Dr. Deb Miller

BOOK CLUB DISCUSSION GUIDE

Six Discussion Questions – About You

1. **Rewrite the Script**

What is one “script” society handed you about womanhood, marriage, or success—and how have you rewritten it?

2. **Your Princess Archetype**

Which Disney archetype do you feel closest to right now... and which one do you wish you were stepping into?

3. **White Horse Moment**

Did you ever realize *you* were the one who had to ride the white horse? What did that awakening look like?

4. **Happiness vs. Approval**

Where do you feel pulled between what makes you happy and what others expect of you?

5. **Reinvention at Midlife**

If you could rewrite *one* chapter of your life starting tomorrow, what would it be?

6. **Your Brave Epiphany**

What piece of media—a film, book, song—has ever given you a sudden moment of clarity?

Mother–Daughter Book Club Questions

1. What expectations about womanhood were passed down in your family—spoken or unspoken?
2. How does Deb and Ally’s *Brave* scene reflect your own mother–daughter dynamics?
3. What would you want your younger self (or daughter) to know about happiness?
4. How do you support each other in making brave decisions?

Women’s Leadership Group Questions

1. Deb reframed her career narrative—how has your leadership evolved as your personal life changed?
2. Where have you been underestimated—and how did you redefine the story?
3. What chapter of your leadership journey would you title *Brave*?
4. What would “leading your own happily ever after” look like this year?

University Women’s Studies / Disney Studies Questions

1. How does the evolution of Disney princesses mirror shifts in women’s cultural roles?
2. Where does Deb’s memoir reinforce or critique postfeminist ideology?
3. Compare Deb’s narrative to Peggy Orenstein’s critique of princess culture.
4. How has the media (tv, movies, or music) changed to reflect generational beliefs about marriage and fulfillment?

Fun Bonus Questions

1. Which Disney princess would make the best CEO—and why?
2. What chapter of your life deserves its own movie montage?
3. If your happiness journey had a soundtrack, what song opens the film?
4. Which character from Deb’s memoir deserves their own spin-off book?

Be sure to check out the various Playlists on the website:

Disney Princess, Oldies, Pop, and even a Taylor Swift version. Because, as one of my students told me, Taylor has a song for every occasion!

Let Deb know if your book club came up with different songs for any chapter.

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