

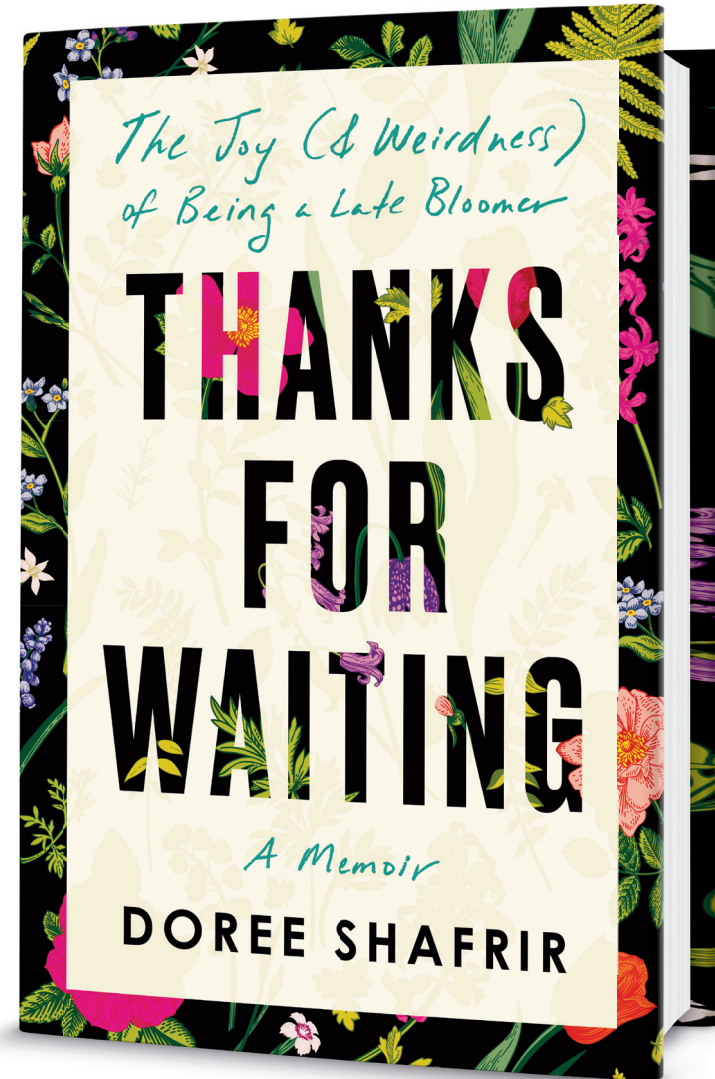
BOOK CLUB KIT

A NOTE FROM DOREE SHAFRIR

Dear Book Club readers,

As a fellow member of many book clubs over the years, it really puts a smile on my face to think of you reading this book together with friends. I'm going to guess that reading my story will bring up memories for each of you that you'll enjoy sharing—from crushes to dating to career highs and lows, and more. No matter what life stage you're at—at any age you are—you're always capable of comparing yourself to others. But you're also perfectly capable of loving your current self, where you are, right now. And I hope you do.

Love,
Doree



DISCUSSION QUESTIONS

1. In the introduction, Doree writes: "Long after my thirtieth birthday party, I realized that I always had been, and probably always would be, "late"—to dating, to sex, to marriage, to motherhood, to finding the kind of work I truly like to do, to being comfortable in my own skin. And so I wanted to write this book as a gentle corrective to the idea that we're supposed to do things on a schedule." Do you consider yourself a late bloomer? Do you, like Doree, worry about following a certain timeline or schedule? Are there benefits to starting later than most other people?
2. If you do consider yourself a "late bloomer," how do you think it has affected your path in life?
3. Doree talks a lot about the importance of female friendships and their role in her life. Have such friendships been as important to your life as Doree's have been to hers? Why or why not?
4. When talking to a friend about her relationship with her live-in boyfriend, Jon, she says: "I'm just at the point, you know, where I'm not sure if I should wait around for him to be ready to get married or if I should sort of cut my losses and just break up with him now, because who knows how long that will take." Have you ever been in a similar situation, where you felt you were outgrowing your partner? Were you able to work through it or did the relationship end?
5. Doree discusses how women's accomplishments are sometimes overlooked when they're single. Have you experienced this in your own life? How did you handle it?
6. Doree has several long-term relationships and goes on many dates before meeting her husband, Matt. How did Doree draw on her past dating experiences to know what was different about Matt? In your own dating experience, how do you know when something feels right?

DISCUSSION QUESTIONS

7. Doree works at a variety of different media companies before finally deciding to start *Forever35* at age 40. Have you struggled to find a job you love or a career that feels fulfilling? How important is what you do for a living to your happiness?
8. A running theme in the book is women's appearance and expectations surrounding female beauty. How does Doree's relationship with her appearance change as time goes on?
9. Have you ever had to start over somewhere new? Where did you move and why? How did it feel having a fresh start? How did your life change?
10. Doree's thinking about whether or not she wants to have children changes over the course of the book. Have you or anyone you know gone through infertility treatment?
11. In talking about pregnancy and motherhood, Doree says: "There's a certain kind of pregnant influencer who tends to be twenty-five, gorgeous, and already has two kids, who has someone (her Instagram husband?) take ethereal photos of her in a low-cut prairie dress, standing in a field, her long hair flowing down her back. These moms, who are almost entirely white, love to post pictures of their nurseries-in-progress, carefully curated rooms in neutral browns and pinks. I related to these women . . . not at all." Have you had the experience of comparing yourself to others on social media? Do you feel that social media impacts your life positively or negatively?
12. Overall, *Thanks for Waiting* is about being comfortable with your true self, which isn't always easy. Do you feel confident in who you are and where you are in life? If so, when do you feel this the most?

DOREE'S 1991 MIX



Get in the 90's mood with an actual soundtrack to one of Doree's mixtapes.

- "Stand" – R.E.M
- "Another Day in Paradise" – Phil Collins
- "We Can't Go Wrong" – The Cover Girls
- "Every Rose Has Its Thorn" – Poison
- "Pride (In The Name of Love)" – U2
- "Crazy for You" – Madonna
- "Wave of Mutilation" — Pixies
- "What a Wonderful World" – Louis Armstrong
- "American Pie" – Don McLean
- "When The Children Cry" – White Lion
- "Right Here Waiting" – Richard Marx
- "Toy Soldiers" – Martika
- "Listen To Your Heart" – Roxette

LISTEN HERE: open.spotify.com/playlist/3ZlhJAR5aNa8iAkLCK4RtP?si=f14ba08759ed42d6&nd=1

A DRINK TO ACCOMPANY THE BOOK



NEGRONI

This classic Italian drink is the perfect balance of bitter and sweet. It also pairs delightfully with a book! If you're not looking for an adult beverage, pour yourself some hot mint tea or pop some popcorn to get in the mood!

INGREDIENTS

1¼ ounces gin
1¼ ounces Campari
1¼ ounces sweet vermouth
Orange twist, for garnish

INSTRUCTIONS

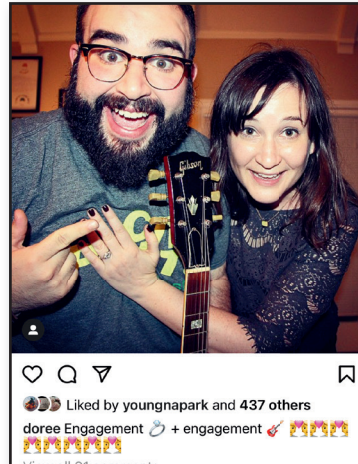
Stir all liquid ingredients with ice.

Strain into chilled rocks glass filled with ice.

Garnish with an orange twist.

Credit: [nytimes.com](https://www.nytimes.com)

DOREE THROUGH THE YEARS







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