



Discussion Questions

HAPPY LIES

by Melissa Dougherty

Chapter 6: Loving Ourselves to Death

1. Are you familiar with any of the self-help books Dougherty mentioned in this chapter? (e.g. Glennon Doyle's *Untamed*, Brené Brown's *The Gifts of Imperfection* and *Braving the Wilderness*, Rachel Hollis' *Girl, Wash Your Face*, Don Miguel Ruiz's *The Four Agreements*, Wayne W. Dyer's *Wishes Fulfilled: Mastering the Art of Manifesting*, Eckart Tolle's *The Power of Now*, Sam Smiles' *Self-Help*, Dale Carnegie's *How to Win Friends and Influence People*, Napoleon Hill's *Think and Grow Rich*, Emmett Fox's *Sermon on the Mount*, Norman Vincent Peale's *The Power of Positive Thinking*)
 - What was your experience following their advice?
 - What are your thoughts about the statement: "I reject the voices in Christianity that say all kinds of self-care is selfish and even satanic"? (p. 99)
2. What's the difference between biblical positive thinking and New Thought positivity? (pp. 102-3)
3. What makes self-help a false gospel? (p. 100, 111, 112-116, 118)
4. How is this material landing for you? Are you "struggling with what to do with some of this information"? (p. 117)

Chapter 7: Dreams Come True

5. What are some of the similarities and differences between the Law of Attraction and biblical Christianity?

6. Affirmations vs. Praying. a) In what way does the author say affirmations simply prayers to *yourself*? (p. 126) b) How is this different from Christian prayer?

7. What were some of the author's helpful ways to distinguish New Thought affirmations from forms of biblical encouragement? (pp. 128-9)

8. Why do you think the self-help genre, the Law of Attraction, affirmations, manifestations and "I am" statements are so wildly successful? (pp. 132-7)

9. Do you have a favorite quote from these chapters? Or, what was the most interesting, shocking or helpful bit of information for you in these chapters?