

Readers Corner

Discussion questions for September 29, 2026

How to Age Disgracefully by Clare Pooley

- **This story is told from the perspective of four main characters. Which did you like the most and why?**
- **The main characters in How to Age Disgracefully are a teenaged single father, a menopausal empty-nester, and two septuagenarians. Which of these stages of life do you think is the hardest to navigate?**
- **Which of the characters in the novel do you think changes the most during the course of the story?**
- **If you had to choose a permanent carer for Maggie Thatcher, who would it be and why?**
- **In Clare Pooley's author's note she says that older characters in novels are often stereotyped. Is this true? If so, what are the stereotypes you've noticed?**

Questions adapted from:

<https://www.penguinrandomhouse.com/books/729893/how-to-age-disgracefully-by-clare-pooley/9780593831496/readers-guide/>