



Whole Healthy Group LLC

ROCK GODS & **Messy Monsters**

Discussion Questions

- What do you think *Rock Gods & Messy Monsters* is about? What are the key themes?
- What did you like or dislike?
- How did the book affect you or make you feel?
- What would make someone stay at a job or in a relationship where they're being treated the way Alex is?
- Do you believe entry-level and mid-level staff are still treated this way, even after the #MeToo movement?
- What would you have done if you were Alex?
- What do you think about the main characters?
- Why can it be so hard to break free of situations that aren't good for us?
- What does the receptionist Hellie represent in the book?
- Which scene or scenes stuck out to you and why?
- Do you identify with any of the characters? Why or why not?
- Can you share any experiences you or someone you know has had working in a surreal or trying environment?
- What do you think about the stylistic choice to create a fast-paced fantastical story with a more serious underlying theme?
- Do you have a new perspective as a result of reading this book?
- Did you learn something you didn't know before?

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