

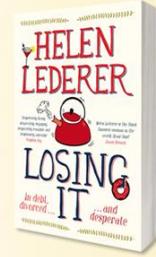
HELEN LEDERER



LOSING IT

In debt, divorced . . . and desperate

#HelensLosingIt



Reading Group Questions

1. Millie is clearly a desperate woman in dire financial straits. Do you think this is of her own making? What would you do in her position?
2. Each chapter starts with one of Millie's affirmations. What do these tell you about her character? Which one is your favourite? And what would be one of your own affirmations?
3. In *Losing It*, we hear Millie's uncensored thoughts on everything and everyone, including herself. What difference does this make to your opinion of her as a character?
4. When does observational humour become bitchy and unfunny and how does the author avoid that?
5. Helen Lederer has coined the term Mid Lit and in doing so created a new genre for the comic novel for women of a certain age. Do you agree with the author that this is an under-represented and overlooked area? Are there too few novels, and even fewer comic novels, for women who are no longer young but also not yet old? Where do you stand on novels for specific age groups?
6. Millie agrees to front a new diet pill because she needs the money. Is there anything you wouldn't endorse or help to promote and sell? Where would you draw the line and would that change, if you were about to lose everything?
7. Are the mother-daughter relationships in *Losing It* realistic portrayals? What do they say about the characters and the ways in which the different generations approach their careers, relationships and life in general?

About *Losing It*

Losing It, Helen Lederer's first novel, is the hilarious story of Millie, agony aunt for 'The Good Woman Magazine'. In debt, divorced and desperate, she's about to lose her house. Worse, she has no money, a best friend with a better sex life than her, a daughter in Papua New Guinea and too much weight in places she really doesn't want. Can a middle aged woman really have it all? **Losing It** is a hilarious, brutally honest exploration of a woman who still feels 30 but can't deny the odd stray grey...

'Desperately funny, desperately engaging, desperately readable and desperately adorable.' *Stephen Fry*

The Times described **Losing It** as 'Funny and sharp and often horribly true'. *Woman and Home* described it as 'Funny and touching'.

Available in all good bookshops and online.
[Buy the book or tell us what you thought!](#)

About the Author



Helen Lederer is a familiar face to many and one of Britain's best-loved comedians. She made her name at London's famous Comedy Store, along with other early 1980s comedians such as French and Saunders, the late Rik Mayall, and Ben Elton.

Helen Lederer is perhaps best known for her work on TV shows such as *Naked Video* and *Absolutely Fabulous* but she's also appeared on *The Young Ones*, *French and Saunders*, *Bottom*, and more recently *Love Soup* and *Hollyoaks*.

Find Helen at helenlederer.co.uk / [@helenlederer](https://www.facebook.com/helenlederer) / [facebook.com/helenlederer](https://www.facebook.com/helenlederer)