Untamed
By Glennon Doyle

1. Why do you think Doyle chose “Untamed” as the title?
2. The book starts off with a prologue where Glennon and her family see a caged cheetah at the local zoo. Discuss how the author uses this as a metaphor.
3. Glennon made huge changes in life: she got divorced from her husband and married female soccer star Abby Wambach. After she first meets Abby, Glennon writes on page 6: “I looked hard at my faith, my friendships, my work, my sexuality, my entire life and asked: How much of this was my idea? Do I truly want any of this, or is this what I was conditioned to want?” How much do you think one’s decision making is based on other people’s expectations?
4. Glennon talks about how women, especially, always go back to the mindset that they should be grateful for what they have and not really do anything to “rock the boat” so to say. Let’s talk about this concept.
5. What did you think about the first meeting between Glennon and Abby? How did that change everything for her? Since this is a memoir, does that change how you think about it?
6. The key to freedom according to Glennon: feeling emotions, trusting intuition, embracing imagination and finding courage. Do you agree with her on this?
7. A standout quote includes: “When a woman finally learns that pleasing the world is impossible, she becomes free to learn how to please herself.” Let’s talk about what this quote means to us.
8. Doyle talks about God and religion throughout the book and says “to me, faith is not a public allegiance to a set of outer beliefs, but a private surrender to the inner Knowing.” What do you think about her viewpoint on God and religion?
9. In the chapter where her mother is struggling with Glennon’s sexuality, Glennon recognizes that while her mother loves her, they disagree about what’s best for her. So Glennon is going to have to decide who she trusts more: her mother or herself. And for the first time, she decided to trust herself and that’s when she became an adult. She says that a woman becomes a responsible parent when she stops being an obedient daughter. What do you think about this concept and can you relate to it?
10. What are your key takeaways from this book?
11. Which quotes and passages did you highlight from the book, if any?