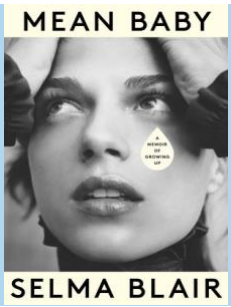
Discussion Guide



Mean Baby
Selma Blair

Knopf Books
2022
320 pages
ISBN: 978-052565949

Neurological Disorders

Summary

Over the course of this beautiful and, at times, devastating memoir, Selma lays bare her addiction to alcohol, her devotion to her brilliant and complicated mother, and the moments she flirted with death. There is brutal violence, passionate love, true friendship, the gift of motherhood, and, finally, the surprising salvation of a multiple sclerosis diagnosis.

Questions

1. Selma Blair publicly identifies as disabled. What is your definition of disability, and did it change after reading her book?
2. Selma discusses her experience as a transformation that was not of choice. How did it impact her?
3. How has Selma's diagnosis been shaped by Hollywood and/or the disability community?
4. Describe how Selma's family and friends provide her with emotional, spiritual, and physical support as she is undergoing her treatments. How did she receive and accept their support?
5. "You can't twerk with MS!" Selma uses humor telling her story. How does Selma use humor to convey her experience with disability and chronic illness?
6. Discuss Selma's experience navigating medical systems and reaching a treatment plan for her diagnosis of MS.

Learn more about Multiple Sclerosis from the NIH National Institute of Neurological Disorders and Strokes (NINDS).

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