

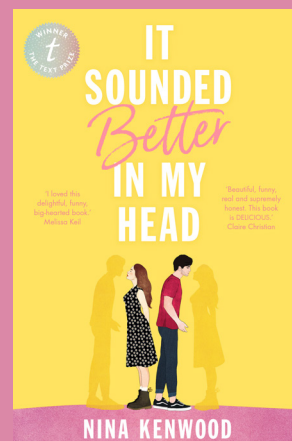
It Sounded Better in My Head



Nina Kenwood

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FICTION, TRADE PAPERBACK

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PRAISE FOR *IT SOUNDED BETTER IN MY HEAD*

'An adorably awkward and real romance. It was love at first chapter for me.'

EMILY GALE

'This book is delicious—beautiful, funny, real and supremely honest. I devoured it.'

CLAIRE CHRISTIAN

'I loved this delightful, funny, big-hearted book. Natalie's wry internal voice really spoke to the awkward-teen me.'

MELISSA KEIL

ABOUT NINA KENWOOD

Nina Kenwood is a writer, who lives in Melbourne. She won the 2018 Text Prize for her debut young-adult novel, *It Sounded Better in My Head*.

ABOUT THE BOOK

When her parents announce their impending separation, Natalie can't understand why no one is fighting or at least mildly upset. And now that Zach and Lucy, her two best friends, have fallen in love, she's feeling slightly miffed and decidedly awkward.

Where does she fit in now? And what has happened to the version of her life that played out like a TV show—with just the right amount of banter, pining and meaningful looks? Nothing is going according to plan.

But then an unexpected romance comes along and shakes things up even further.

It Sounded Better in My Head is a tender, funny and joyful novel about longing, confusion, feeling left out and finding out what really matters.

QUESTIONS FOR DISCUSSION

1. Natalie is an introvert and often feels uncomfortable in social situations. Can you relate to Natalie? Has there been a particular time in your life when you've felt trapped in your own head or have found yourself over-analysing a certain situation?
2. A lot of the themes in this book—social anxiety, divorce, body image, loneliness, pressures to succeed—are real sources of stress. But this novel is also funny, heart-warming and hopeful. How did you feel reading this novel?
3. 'We both slot easily in the carer/being cared for roles.' (p. 119) High school friendships can often be intense and co-dependent. Do you think Natalie and Lucy are too reliant on each other?
4. We all agonise over our phones and know that feeling of waiting for a message that doesn't arrive. After 48 hours of silence from Alex, Natalie's convinced their relationship is over! How do we deal with that aspect of relationships now that we have instant and constant contact (or deafening silence)?
5. Alex's ex-girlfriend Vanessa gives Natalie a lift after the fluro party. Despite having dated the same person, they come together in a time of need. What does this scene say about female friendship?
6. 'Alex makes me feel special, wanted, desired, *seen* for the first time in my life. Which is problematic, because I'm supposed to love and accept myself without the help of anyone else.' (p. 279) How do you think teenagers today compare to previous generations in the way they practise self-love and self-care? Do you think that is helped or hindered by social media?
7. *It Sounded Better in My Head* has been described as 'real' and 'supremely honest' by many early readers. How do you think the characters and situations compare to the events of your real life?