



# *The woman in me*

*By Britney Spears*

*First published in 2023*

## **Genre and Subject**

*Autobiography*

*Entertainment & Performing Arts*

*Singers -- United States -- Biography*

## **Synopsis**

The Woman in Me is a brave and astonishingly moving story about freedom, fame, motherhood, survival, faith, and hope.

In June 2021, the whole world was listening as Britney Spears spoke in open court. The impact of sharing her voice--her truth--was undeniable, and it changed the course of her life and the lives of countless others.

The Woman in Me reveals for the first time her incredible journey--and the strength at the core of one of the greatest performers in pop music history.

Written with remarkable candour and humour, Spears's groundbreaking book illuminates the enduring power of music and love--and the importance of a woman telling her own story, on her own terms, at last.

## **Author Biography**

Multiplatinum, Grammy Award-winning pop icon Britney Spears is one of the most successful and celebrated entertainers in music history, with more than 100 million records sold worldwide.

In 2021, she was named one of *Time* magazine's 100 Most Influential People.

Spears's album *Blackout* was added to the Rock & Roll Hall of Fame's Library & Archives in 2012.

Spears' life, including her high-profile relationships and personal struggles during the 2000s, received widespread media coverage. In 2008, she was involuntarily placed in a conservatorship following a highly publicized breakdown. In 2019, her legal battle over her conservatorship, which was terminated in 2021, led to the establishment of the #FreeBritney movement.

Born in McComb, Mississippi, she now lives in Los Angeles, California.

## Discussion Starters

1. This memoir provides an intimate look at Spears' life from her perspective. How does hearing her story in her own words change or challenge your previous perceptions of her?
2. Spears faced intense scrutiny over her sexuality from a young age. How do you think public obsession with her virginity and modesty impacted her? How might it have contributed to later events?
3. Spears writes "I liked looking cute. Why did everyone treat me, even when I was a teenager, like I was dangerous?" Why do you think a young woman like Spears was perceived as "dangerous?"
4. The media coverage of Spears' 2007 breakdown focused on her erratic behaviour. How does learning about her frame of mind and circumstances around that time shift your understanding of those events?
5. Spears portrays her family, management, and conservators as controlling figures who infantilized her. Do you think she makes a convincing case for how she was disempowered?
6. How does Spears portray the gender double standards of the entertainment industry and her treatment by the media? Do her experiences reflect larger societal issues?
7. Spears draws parallels between her psychiatric treatment and that of her grandmother. What picture does this paint about historical attitudes toward "hysterical" women?
8. Consider Spears' treatment versus how we treat young pop stars or other celebrity women today. In what ways has our public treatment of women in the public eye improved over the past 20+ years? In what ways is it still the same?
9. What moments in the book shed light on Spears' strengths and self-awareness despite her public portrayal? How does she take back her narrative?
10. Spears is an incredibly famous woman who spent years in the spotlight, yet very little has previously been shared from her perspective. What did you find most shocking or surprising about her story?
11. Spears tells her story in a direct manner that has been described as "unemotional." Do you think the choice of this writing style was intentional? If so, how did it serve Spears' goals for the memoir?
12. What do you think Spears wants readers to take away from her experiences? Does she succeed in conveying her key messages?

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