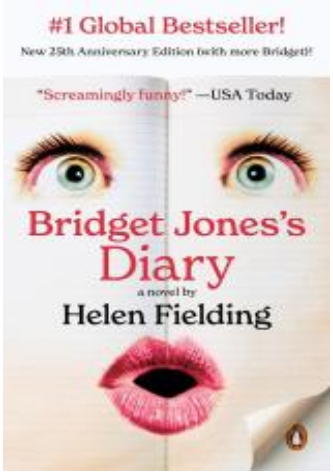
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Bridget Jones's Diary

by Helen Fielding



About the Book

The #1 bestselling book that defined the 20th century --- now updated for the 25th anniversary!

Meet Bridget Jones --- a 30-something Singleton who is certain she would have all the answers if she could:

a. lose seven pounds
b. stop smoking
c. develop Inner Poise

BRIDGET JONES'S DIARY is the devastatingly self-aware, laugh-out-loud daily chronicle of Bridget?s permanent, doomed quest for self-improvement --- a year in which she resolves to: visit the gym three times a week, not just to buy a sandwich, form a relationship with a functional adult, and learn to work the television remote.

Over the course of the year, Bridget loses a total of 72 pounds but gains a total of 74. She remains, however, optimistic. Through it all, Bridget will have you helpless with laughter, and --- like millions of readers the world round --- you?ll find yourself shouting, ?Bridget Jones is me!?

Discussion Guide

1. At one point Bridget realizes that she's been on a diet for so many years that "the idea that you might actually need calories to survive has been completely wiped out of my consciousness." Yet one of her greatest assets is that she recognizes that this eternal quest for self-improvement is doomed and silly. How does the media influence women's self-images? Why do women collaborate so energetically in the process? When Bridget decides she's simply not up to the struggle and is going to stay home in an egg-spotted sweater, it is a victory or a defeat?

2. Was the book as satisfying to read as a conventionally structured novel? How did the diary form affect your impression of **Bridget Jones's Diary**? Does it make you want to keep one, and if so, why?

3. What do you think Bridget looks like? Why does Fielding never describe her? Given the frequent references to shagging, why are there no steamy sex scenes either?

4. "We women are only vulnerable because we are a pioneer generation daring to refuse to compromise in love and relying on our own economic power. In twenty years' time men won't even dare start with fuckwittage because we will just **laugh in their faces**," bellows Sharon early in the story. What purpose does Sharon's character serve? Do you think she's got a point? How do you think Bridget's daughter's story might differ from her mother's?

5. At one point Bridget describes her mother as having been infected with "Having It All Syndrome." Does Bridget herself have a closet case of the same affliction? (She does, after all, have an affair with a her glamorous boss in publishing and a knack for TV production.) How important is professional achievement to the Bridgets of the world?

6. On the one hand, Bridget's mother gets her daughter the job in television and is a constant in her daughter's life; on the other hand, she's impossibly self-centered, endlessly critical, and an object of some competition. "Bloody Mum," Bridget groans at one point, "how come she gets to be the irresistible sex goddess?" Is Bridget's mother a negative or positive influence on Bridget? How has she shaped her daughter?

7. "We're not lonely. We have extended families in the form of networks of friends," says Tom, joining Sharon in deploring others' "arrogant hand-wringing about single life." Are these "urban families" an acceptable alternative to traditional family units? Are they helping to move society towards Fielding's objective, an unbiased acceptance of different ways of life?

8. Bridget's world is unrelentingly self-centered. Is this problematic? If not, is Bridget rescued by her wit and lack of self-pity, by the fact that she does take responsibility for herself, or by something else entirely?

9. Is the attraction between Mark Darcy and Bridget credible? Why isn't he too "safe" for her? Why isn't she too scatterbrained for him? Is it satisfying or clich?d when he literally carries her off to bed?

10. How much of Bridget's identity lies in the quest for a decent relationship? Do you think marriage would change her?

Author Bio

Helen Fielding is the author of BRIDGET JONES'S DIARY, BRIDGET JONES: THE EDGE OF REASON and BRIDGET JONES: MAD ABOUT THE BOY, and was part of the screenwriting team on the associated movies. BRIDGET JONES'S BABY: The Diaries is her sixth novel. She has two children and lives in London and Los Angeles.

Critical Praise

"Bridget Jones is channeling something so universal and (horrifyingly) familiar that readers will giggle and sigh with collective delight."

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