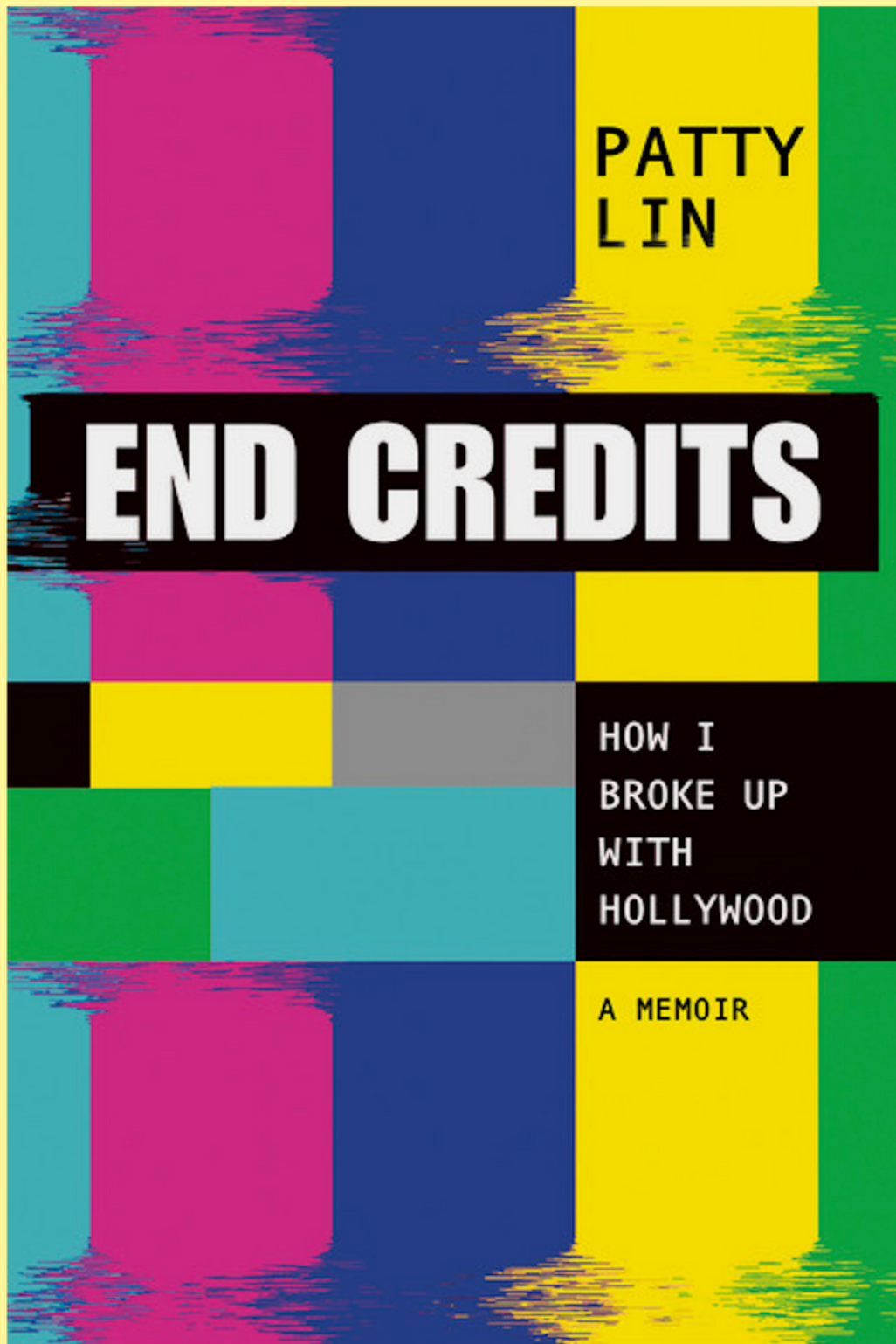


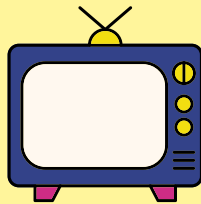
# BOOK CLUB KIT



## GET READY TO HOST YOUR BOOK CLUB!

We're so glad you've decided to host an *End Credits* book gathering! Inside this kit you'll find a Q&A with Patty, tips for a self-care routine, a quiz to determine if you're more LA or NYC, discussion questions, and more. Stories are best when shared, and we hope your time together is fun and engaging!

If you're new to hosting a book event, don't worry! We've got you covered. Here's what you'll need to do to get ready for your gathering:



- Determine if you'll meet virtually or in person.
- Save the date!
- Reach out to your local bookstore. You can direct your guests to purchase the book through the store ahead of time or coordinate with the store and have them sell the books at your event.
- Invite friends! Make sure your guests know they're welcome to attend even if they haven't read or finished the book!
- Plan to have some food and drinks, but don't stress about this!
- Relax and have fun! Book clubs are enjoyable because of the connections and the community. Allow everyone a chance to share or ask questions, and be mindful of those who haven't had a chance to read the book by discussing the themes rather than the specifics.

# READING GUIDE

1. In the first chapter, Patty talks about the television shows she loved as a child, like *The Brady Bunch*, *The Muppet Show*, *The Love Boat*, and *Fantasy Island*.

Do you remember your favorite shows from childhood? What memories do they evoke for you?

2. When Patty and her family move to New Jersey, Patty turns to writing to help combat her loneliness. She takes the stories she's seen on soap operas and turns them into stories about her future marriage to Boy George.

Who was your first musical crush? Did this person help you get through any rough patches in your life? What other coping mechanisms did you learn as a child or young adult?

3. Patty's first internship is with *Late Night with David Letterman*.

What do you think she learned from her internship? How do you think her internship influenced the rest of her career?

4. In Chapter 2, Patty starts dating Carl, who she met the first time she went to see *Late Night with David Letterman*.

What did you think of Carl when you first met him, and was it a surprise to see him show up again? At this point in the book, did you think Carl would be an important relationship for Patty? Why or why not?

5. Patty often had a difficult time explaining her career to her parents, especially when she was writing spec scripts.

How do you think Patty's parents' own upbringing influenced how they talked to Patty about her career? Have you ever had anyone express doubt about your job? How did you deal with it?

6. Patty's first job in Los Angeles is as an assistant to the director of *ATF*. Initially it seemed great, but Patty had some hard lessons to learn.

How do you think Patty could have handled her job differently? What do you think the job taught her? Have you ever had a job where you had to learn something the hard way?

7. When Patty writes her first script and it gets distributed, Carl takes her to a bed-and-breakfast to celebrate. While she's there, she discovers that much of her script has been changed.

What do you think that experience was like for Patty? How would you feel if you created something and it got altered without your knowledge? Would you have kept working in the industry if something like that happened to you?

## READING GUIDE

8. Working on *Freaks & Geeks* was an empowering experience for Patty, both in the writer's room and as a producer.

What do you think Patty learned from working on *Freaks & Geeks*? How did her time there influence her career overall?

9. After tough years at *Friends* and *Citizen Baines*, Patty realizes she's burnt out and needs to take some time off. She takes a sabbatical for a year, focusing on self-care and rebuilding her relationship with herself and her art.

Do you think Patty could have prevented the burnout she experienced? Have you ever experienced burnout? What did you do to recover?

10. Patty uses things like yoga, therapy, and *The Artist's Way* to recover during her burnout.

How do you think about self-care? How does self-care impact your ability to do your job?

11. While on her sabbatical, Patty starts pitching pilot ideas.

If you were going to pitch a TV pilot, what would it be about?

12. At the end of Chapter 10, Patty and Carl break up after 10 years together.

How did their relationship change over time? How did it stay the same? What did you think about Carl when their relationship ended versus when Patty first met Carl in New York?

13. In Chapter 12, Patty meets Mike through a mutual friend.

How is Patty's relationship with Mike different from her relationship with Carl? What did she learn from her relationship with Carl that allowed her to be in a relationship with Mike?

14. After Patty's job with *Breaking Bad*, she talks with a Zen teacher about her career. Ultimately, she decides to quit the industry.

Do you think Patty's decision would have been different if her experience at *Breaking Bad* had been different? How do you think her entire career influenced her decision to leave the industry?

15. How did Patty's relationship with her writing change over time? Where was she at the end of the book, and what do you think she learned about her writing from her experiences?

16. What did Patty's book teach you?

# Q&A WITH PATTY

## **1. When did you realize your story could be a memoir? Were you ever tempted to adapt it into a novel or another art form?**

When I started writing this book, I didn't even know it was going to be a book. It started out as just a way to process some of the painful experiences I'd had in my career. I wrote about my first writing job, and then went on to the next, and so on. It wasn't until I had about six chapters that I finally admitted to myself that I was writing a memoir.

I didn't want to write it as a novel because it would've meant fictionalizing all the shows I'd worked on, and to me, those details were the thing that would make this book interesting to readers. Usually, when I read a novel about a fictional TV show, it comes off as cheesy. (Curtis Sittenfeld's *Romantic Comedy* notwithstanding—she managed to do it well.)

## **2. Can you tell me about your writing process? Did you use old journals or write from memory?**

I wrote mostly from memory. Occasionally I dug out old journals, but I didn't find them to be particularly helpful. At the time that I was journaling, I was often confused—swimming in the thick of it—and didn't have the insight or perspective that I developed later, which is key when writing a memoir. It needs to have self-reflection and a narrative. No one wants to read a diary, unless, of course, it's Anne Frank's.

## **3. What was easiest about writing this book? What was most difficult?**

The easiest thing was writing about my relationship with my husband because it's such a fun, joyful topic. The most difficult thing was reliving the bad times in my life as I wrote about them, going back there emotionally and feeling the anger or sadness all over again.

## **4. How did your experience writing scripts help you write your memoir?**

Sometimes it hurt instead of helped. A script is like a blueprint—pared down to the most basic elements. So when I first started writing my book, the prose was a little flat, and I had to go back later and give it more texture and color. I had to learn to slow down and take my time, to give the reader a sense of being there.

But as a script writer I was well trained in plot, so that helped when I was shaping the narrative. At one point, I wrote all my important plot points on index cards so I could shuffle them around and figure out the best way to tell the story. That was something I learned from TV writing.

## Q&A WITH PATTY

### **5. Were you worried about former colleagues reading this book? What was it like writing about something that might be challenging for others to read?**

Yes, I was very worried. I was conditioned to be a people pleaser and not a troublemaker. But if I let that fear stop me, I'd never write anything! I felt that it was crucial for my well-being to tell my story honestly; silence can have a corrosive effect. Besides, I once heard a memoirist say, "If you don't want people to write about the shitty things you do, then don't do shitty things."

### **6. What did writing this book teach you about yourself?**

It taught me that writing has always been, and always will be, the way that I deal with life. After my TV career killed my desire to write, I didn't think I'd ever get it back, but writing this book proved to me that the drive and passion was still there. If it was strong enough to survive the TV business, it's strong enough to survive anything.

### **7. What advice would you give to someone who wants to write a memoir?**

I'm going to poach some advice that I heard from one of my favorite memoirists, Joyce Maynard. She said something like, "A memoir isn't your life story. It's a part of your life story." In other words, you can't just write down everything that happened to you—you have to pick and choose your experiences wisely and shape them into a narrative. Think of it as a novel that happens to be nonfiction.

### **8. What authors or books inspired you to become a writer?**

As a kid: Judy Blume, of course. *Are You There God? It's Me, Margaret* was seminal for me. I loved *The Wizard of Oz* and all its sequels. My favorite YA novel was *The Dog Days of Arthur Cane* by T. Ernesto Bethancourt.

As an adult: *A Supposedly Fun Thing I'll Never Do Again* by David Foster Wallace, *At Home in the World* by Joyce Maynard, and *The Namesake* by Jhumpa Lahiri.

### **9. What are some of the books you've been reading recently? Any books you're looking forward to?**

I loved *Romantic Comedy* by Curtis Sittenfeld. Prince Harry's memoir *Spare* was quite moving. Right now I'm reading *Wine People* by Michelle Wildgen and can't get enough.

I'm looking forward to reading *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin and *Pageboy* by Elliot Page.

## Q&A WITH PATTY

### **10. Are you doing more writing? What other projects are coming up for you?**

I've been so busy doing edits, writing supplemental materials, and promoting the book that I haven't had the time or bandwidth to start a new project. But when things slow down, I'd like to get back to sewing (my neglected hobby), doing renovations on our vintage Airstream, and possibly writing another book. Hopefully, it won't take another twelve years to write the next one.



# NY VS. LA QUIZ – WHICH CITY IS FOR YOU?

1. How do you feel about avocados?

- A I love them. I want them in everything. (1 pt.)
- B I like them, but I'll only pay \$2 extra for them, tops. (2 pts.)
- C Eh... they're too squishy. (3 pts.)
- D I don't understand avocado toast. (4 pts.)

2. You're at a restaurant, and you spot Christopher Walken at a nearby table. You:

- A Ask for a selfie with him. (3 pts.)
- B Take a clandestine photo to post on Instagram. (2 pts.)
- C Go on eating as if nothing has happened. (1 pt.)
- D Do an impression of him to amuse your companions. (4 pts.)

3. What's your opinion on flip-flops?

- A Strictly for the pool and beach. (3 pts.)
- B Acceptable footwear in the summer. (2 pts.)
- C Should be outlawed. I never want to see people's feet. (4 pts.)
- D I'd wear them to a black-tie event if they have a little bling. (1 pt.)

4. Which best describes your natural rhythms?

- A Get up at dawn and go for a hike. (1 pt.)
- B Close the bars down before going to bed. (4 pts.)
- C Get up early but need two cups of coffee to function. (3 pts.)
- D Sleep in, take a nap after lunch, and drink coffee all day, but still fall asleep during the evening news. (2 pts.)

5. Which scares you the most?

- A Merging onto a six-lane freeway in rush-hour traffic. (4 pts.)
- B Taking the wrong subway train and ending up in Coney Island. (1 pt.)
- C Trying to get a cab in the rain. (3 pts.)
- D Driving in the rain. (2 pts.)

6. What's your idea of good service?

- A My server is borderline rude, but the food comes out fast. (4 pts.)
- B My server is charming and funny, and only forgot to refill my water once. (3 pts.)
- C My server has memorized the entire menu and recites it with feeling. (2 pts.)
- D Ordering from DoorDash so I can get baked and sit on the couch watching TV until my food arrives. (1 pt.)

7. What kind of business meeting would you prefer?

- A Breakfast at an outdoor café where I can bring my dog. (2 pts.)
- B Drinks at the hot new bar that has no sign on the door, so I can only find it by asking several passersby on the sidewalk where the hell this place is. (3 pts.)
- C In an office, with no refreshments so we can wrap it up as quickly as possible. (4 pts.)
- D On a mountaintop at an ayahuasca retreat. (1 pt.)

8. Who is your favorite Muppet?

- A Kermit the Frog (5 pts.)
- B Miss Piggy (1 pt.)
- C Fozzie Bear (2 pts.)
- D Gonzo (4 pts.)
- E Animal (3 pts.)



# NY VS. LA QUIZ – WHICH CITY IS FOR YOU?

**Lightning round! Choose one of each:**

**A** Cockroaches (2 pts.) or ants (1 pt.)

**B** Drought and fires (1 pt.) or floods and snow (2 pts.)

**C** Bagel (2 pts.) or acai bowl (1 pt.)

**D** Tacos (1 pt.) or pizza (2 pts.)

**E** Macchiato (2 pts.) or iced chai latte (1 pt.)

**F** Tropicana (2 pts.) or Minute Maid (1 pt.)

**G** K-pop (1 pt.) or hip-hop (2 pts.)

**H** Zombies (1 pt.) or vampires (2 pts.)

## Scoring Key

**16-21 points:** You've drunk the El-Lay Kool-Aid, dude.

**22-27 points:** You say you're going to move back East, but you never will.

**28-33 points:** You're LA-friendly.

**34-39 points:** You're New Yorker-light.

**40-45 points:** You complain about New York but secretly love it.

**46-50 points:** You're a hard-core New Yorker, and anyone who has a problem with that can go fuck themselves.

# END CREDITS TV SHOW TRIVIA



???

What famous scientist's last name becomes Walter White's drug dealer name?

???

What car wash does Walter work at and eventually buy as a front?

???

What class does Walter teach as a high school teacher?

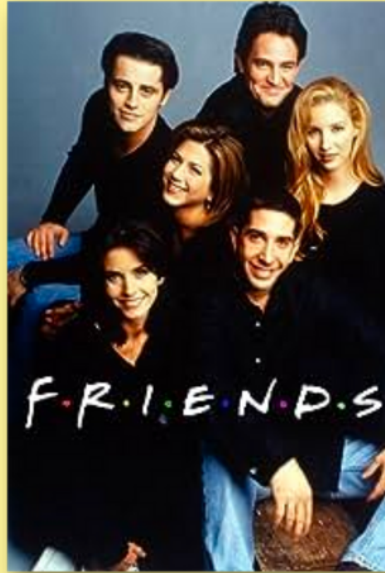
???

What kind of vehicle do Walter and Jesse use as their lab in the first season of the show?

???

Which breaking bad character gets their own spinoff series?

# END CREDITS TV SHOW TRIVIA



???

In which year did *Friends* premiere?

???

What is Phoebe's signature song?

???

What do Ross and Rachel name their daughter?

???

What part of New York do the friends live in?

???

What musical instrument does Ross play?

???

What is the name of Phoebe's twin sister?

# END CREDITS TV SHOW TRIVIA



???

What high school do the freaks and geeks attend?

???

Who does Sam have a crush on for most of the series?

???

What academic club did Lindsey previously belong to as a star member?

???

Who bullies Sam and his friends?

???

What TV show does Bill obsess over during Lindsay's party?

# END CREDITS TV SHOW TRIVIA



???

Which character narrates  
*Desperate Housewives*?

???

What type of business do  
Lynette Scavo and Renee  
Perry start together?

???

What town do the housewives  
live in?

???

How does Karen's home get  
destroyed in season 4?

???

Which housewife mows her  
own lawn despite having a  
gardener?

# END CREDITS TV SHOW TRIVIA: ANSWERS



**Heisenberg**

What famous scientist's last name becomes Walter White's drug dealer name?

**A1A**

What car wash does Walter work at and eventually buy as a front?

**Chemistry**

What class does Walter teach as a high school teacher?

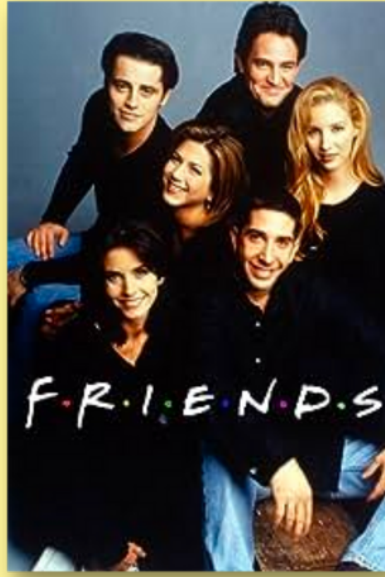
**An RV**

What kind of vehicle do Walter and Jesse use as their lab in the first season of the show?

**Saul Goodman**

Which breaking bad character got their own spinoff series?

# END CREDITS TV SHOW TRIVIA: ANSWERS



**1994**

In which year did *Friends* premiere?

**Smelly Cat**

What is Phoebe's signature song?

**Emma**

What do Ross and Rachel name their daughter?

**Greenwich Village**

What part of New York do the friends live in?

**Keyboard**

What musical instrument does Ross play?

**Ursula**

What is the name of Phoebe's twin sister?



# END CREDITS TV SHOW TRIVIA: ANSWERS



**William McKinley  
High School**

What high school do the freaks and geeks attend?

**Cindy Sanders**

Who does Sam have a crush on for most of the series?

**Mathletes**

What academic club did Lindsey previously belong to as a star member?

**Alan White**

Who bullies Sam and his friends?

**Dallas**

What TV show does Bill obsess over during Lindsay's party?

# END CREDITS TV SHOW TRIVIA: ANSWERS



**Mary Alice  
Young**

Which character narrates  
*Desperate Housewives*?

**Interior design**

What type of business do  
Lynette Scavo and Renee  
Perry start together?

**Fairview**

What town do the housewives  
live in?

**A tornado**

How does Karen's home get  
destroyed in season 4?

**Gabrielle Solis**

Which housewife mows her  
own lawn despite having a  
gardener?

# PATTY'S FAVORITE TV SHOWS AND MOVIES ABOUT SHOWBIZ



## ***The Larry Sanders Show (1992–1998)***

This HBO comedy series stars the brilliant Garry Shandling as a neurotic late-night host heavily inspired by David Letterman. The showrunner, Judd Apatow, said the guiding principle of Larry Sanders was that the people who worked on the show-within-a-show all loved each other, but the business got in the way. That love is what made the show work—also, it's hilarious. The episode where Larry reluctantly has the staff over to his house, and Jeff Goldblum crashes the party, is one of the funniest half hours of television I've ever seen.



## ***Hacks (2021–present)***

This whip-smart series, about a legendary Las Vegas comic (Jean Smart) and the entitled young writer who works for her, explores not only the cutthroat aspect of the comedy business but the camaraderie and mentorship. The last scene of the pilot, where the comic high-speed-chases the young writer just to outdo her joke, captures the obsessive nature of comedy and gives an inside look at how jokes are written (and rewritten). I've seen many odd-couple pairings, but this one, which examines the difference between old-school and millennial feminism, is unique.



## ***The Player (1992)***

This Robert Altman film tells the story of a desperate, Machiavellian Hollywood movie executive (Tim Robbins), who kills an aspiring screenwriter he believes is sending him death threats. But beneath its thriller plot, it's a satire full of industry in-jokes and star-studded cameos where everyone talks over each other in classic Altman style. This movie shows how Hollywood is all about politics and crass commercialism—a world in which the writer has no power. When the screenwriter says to the executive, "I can write. What can you do?" it makes me feel seen.



## ***Extras (2005–2007)***

British comedian Ricky Gervais stars in this series about a frustrated actor relegated to background work. I can't say it's entirely realistic, but it's so funny I don't care. Gervais's bumbling attempts to suck up to stars like Kate Winslet and Patrick Stewart are hysterically cringeworthy, and they illustrate the brutal hierarchy of Hollywood. Stars seem to enjoy mocking themselves in this show—like a young Daniel Radcliffe hitting on every woman in sight, insisting, "I don't really read, you know. That's just my character."

# PATTY'S FAVORITE TV SHOWS AND MOVIES ABOUT SHOWBIZ



## ***Swimming with Sharks* (1994)**

This film about a movie mogul who treats his assistant like garbage is so iconic that it has become shorthand for “sadistic boss.” It has recently spawned a TV series with two female leads, but no one will forget Kevin Spacey in a creepy role that now seems a little too close to home. Though the plot gets over-the-top, the movie’s portrayal of the abuse of power in Hollywood is disturbingly realistic. And it shows how such behavior is passed down: underlings who are bullied do the same to their underlings later. Hurt people hurt.



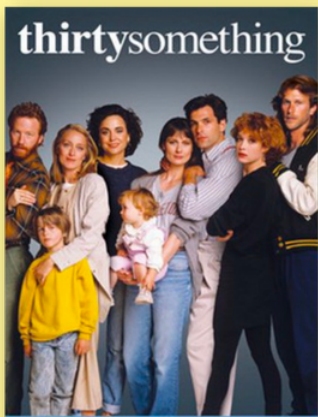
## ***Maps to the Stars* (2014)**

Like all David Cronenberg films, this one is weird. Though mostly about the incestuous relationship between a child actor and his older sister, this story’s backdrop is the darkness of Hollywood. The sister becomes a personal assistant to a has-been movie star (Julianne Moore) and must cater to her unreasonable whims and nefarious ambitions. This film shows how people get breaks and become insiders in mysterious and often random ways, and how the envy and resentment this engenders in others can make them do terrible things.



## ***La La Land* (2016)**

When this movie swept the Oscars, I felt it was undeserved—and not just because of the envelope mix-up. Other than a few dazzling musical numbers, the film is a conventional story about a romance plagued by dueling egos. But one scene sticks with me: when the aspiring actress (Emma Stone) auditions for a part, pouring her heart out while casting directors barely pay attention, more concerned with lunch. This is what it’s like to be a creative in Hollywood. For your art, you must be vulnerable. To survive, you must be tough as nails.



## ***Thirtysomething* – S4 E22 “Melissa in Wonderland” (1991)**

This stand-alone episode, the penultimate of the series, had the potential to jump the shark. Instead, it’s a witty send-up of the TV business. A photographer from Philadelphia gets a job doing a magazine profile on a sitcom star. Despite being baffled by LA culture, she gets sucked in by one of its lures, the promise of self-reinvention. This episode pokes fun at high-powered producers and shows how all creators are hungry for material and shameless about using people for inspiration. Bonus points for inside jokes about freeways, parking spots, and bottled water.