

A man with short brown hair, wearing a red suit jacket and a red shirt, is smiling broadly. He is leaning forward with his right hand resting under his chin. The background is a solid, vibrant red color.

xoxo,

CODY

Cody Rigsby

Book Club Kit

Discussion Questions

1. Cody's mom, Cindy, is a prominent presence in his memoir. Discuss their relationship—how did it evolve over the years?
2. After Cody recounts his coming out, he says: “Imagine we all took a minute to ask ourselves the hard questions: What brings me joy? What are my values? What kind of people do I want to surround myself with?” How would you answer these questions?
3. Visualize your younger self standing in front of you: the clothes, the hair, the posture. Think about what that kid is dealing with, what they might be worrying about, or curious or confused about. What would you say to them?
4. Do you agree with Cody's HIT and MISS list of snacks from the '90s? Any you care to defend? What items would you add to this list, in either category?
5. “Friendships take energy and intentionality,” Cody writes. How do you value your friendships? What challenges have you faced, and how did you address them?
6. Discuss Cody's early days at Peloton. Was there anything that surprised you about the company as it was just starting out?
7. Thoughts on Cody's dating philosophies? “What works for me is living my life and moving through the world with an openness to connection.” Where do you agree or diverge? What is your philosophy for life or for dating?
8. “More often than not the guys I go out with are non-smoking, 20-percent-tipping, polite, and politically engaged men.” What are your deal-breakers when it comes to dating, and why?
9. What lessons did you learn from Cody's experience on *Dancing with the Stars*? Imagine you've been cast on the show, what artist would you like to dance to in a special theme episode, and why?
10. *Closer* is Cody's favorite breakup movie. What are your go-to movies to watch or songs to wallow in after a break-up?
11. The fee is going up. It's not only about the money. It's a mindset. “It's about valuing yourself in every space and knowing that your time is precious.” Where in your life can you declare: The fee is going up?
12. One of the big takeaways from *XOXO*, Cody is that “The process of self-love starts with loving others.” What does Cody mean by this, and do you agree with him?
13. How did you feel at the end of Cody's book? Which parts were most moving, most funny, and most helpful?
14. Peloton members: Discuss your all-time favorite Cody classes!

The **XOXO, CODY** Playlist

Curated by Cody Rigsby

QUEEN OF THE NIGHT Whitney Houston

ALL THAT SHE WANTS Ace of Base

YOU OUGHTA KNOW Alanis Morissette

SAY YOU'LL BE THERE The Spice Girls

TORN Natalie Imbruglia

SOMETHING TO TALK ABOUT Bonnie Raitt

[YOU DRIVE ME] CRAZY [THE STOP REMIX] Britney Spears

DIGITAL GET DOWN NSYNC

GOTTA TELL YOU Samantha Mumba

HUNG UP Madonna

ALL FOR YOU Janet Jackson

I WRITE SINS NOT TRAGEDIES Panic! At The Disco

MISERY BUSINESS Paramore

MY LIFE WOULD SUCK WITHOUT YOU Kelly Clarkson

TIK TOK Kesha

RUN THE WORLD Beyoncé

FIREWORK Katy Perry

SUPER BASS Nicki Minaj

PAPI Jennifer Lopez

BOOM CLAP Charli XCX

SORRY Justin Bieber

ADORE YOU [REMIX] Miley Cyrus, Cedric Gervais

PHYSICAL Dua Lipa

NAILS, HAIR, HIPS, HEELS Todrick Hall

JUST FINE Mary J. Blige

BREAK MY SOUL Beyoncé



Cody's Favorite Snacks



COOL RANCH DORITOS

Reward your six-year-old self.



CHEEZ-ITS

"The superior baked-cheese snack. . . .
If it ain't Cheez-It, I don't want to sees it."



CHEESY GORDITA CRUNCH

One thing about Taco Bell, they are going to get creative with these menu items. I don't hate it.



HALLOWEEN OREOS

"I don't care what anyone says, that orange cream filling slaps. It tastes better than any other Oreo ever made."



DAIRY QUEEN BLIZZARD

"But every time they turn it upside down, I do have a slight panic attack."

Cody Wisdom

1.

IF YOU WEAR FLIP-FLOPS IN NEW YORK CITY, you do not love yourself.

2.

ADDING LEVITY TO THE DIFFICULT MOMENTS is what connects us to our joy.

3.

YOU ARE FIERCE. YOU ARE FABULOUS. You are a hot steaming plate of fajitas at a packed Chili's on a Friday night turning heads.

4.

IT'S HARD TO HOLD THE MIRROR UP TO OURSELVES and face all the insecurities and messiness of our lives and still remember that we're that bitch.

5.

SHADE IS ROOTED IN RESPECT. If I'm not reading you, I don't love you.

6.

LEARNING TO NAVIGATE FEELINGS OF ENVY AND RESENTMENT is yet another way to practice self-love.

7.

VOTING IS MANDATORY. If you don't do your civic duty, you ain't getting no booty.

8.

THAT ASS MIGHT BE ASSIN', but if there's not more to you than a rockin' bod, I am most definitely passing.

9.

FORGIVE YOURSELF, make a plan for next time, and move on. Let it go, Elsa.

White Wine with Frozen Grapes

Keep a bag of frozen grapes in the freezer. When you're in need, pop a few frozen grapes in your wine glass. They will cool your wine without watering it down.



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I have days where I feel like a trashy bitch, staying in my underwear all day, binging *Golden Girls* and drinking white wine with frozen grapes (to keep it chilled, of course).

—Cody Rigsby,
XOXO, CODY



Frozen Aperol Spritzes

Fraperol Spritzes

Servings: 4

Ingredients

12 oz. Prosecco, plus more for serving
8 oz. Aperol
8 oz. water
¼ cup orange liqueur, such as Cointreau
Orange wheels, for garnish



Directions

STEP 1

Whisk together Prosecco, Aperol, water, and orange liqueur in a pitcher. Pour mixture into 2 to 3 standard ice cube trays. Freeze until firm, at least 8 hours but preferably overnight.

STEP 2

Transfer prepared ice cubes to a blender; process until smooth and frothy. Pour into 4 wine glasses and top off with more Prosecco. Garnish with orange wheels and serve.