



# BOOK CLUB

## Why Has Nobody Told Me This Before? by Dr. Julie Smith

This book empowers readers to stay resilient, whether managing anxiety, dealing with criticism, coping with depression, building self-confidence, finding motivation, or learning to forgive themselves. It is a valuable guide for mental health issues, with each chapter presenting easy-to-read content and hands-on tools summarized at the end. Each tool is thoughtfully matched to each chapter's themes, and the diverse range of tips ensures readers can find strategies that resonate with them.

**When:** Sept. 5 - Nov. 1, Thursdays & Fridays at 11:30 am CT

**Where:** Virtually

**Frequency:** Bi-weekly

The book club is limited to 25 participants per session and each participant will pick either the Thursday or Friday cohort to join throughout the two month book club. Due to the book's content, we aim to foster an environment where strong relationships can be formed, and where the safety and openness of those relationships are maintained.

Register for our virtual book club by Aug 20!

[Scan or click to register.](#)

