

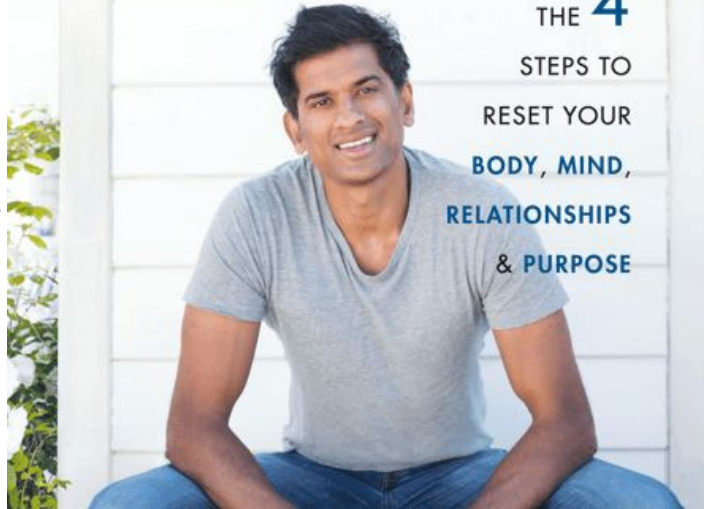
GOOD BOOKS, GOOD TEA, AND GOOD COMPANY

DR RANGAN CHATTERJEE



THE STRESS SOLUTION

THE **4**
STEPS TO
RESET YOUR
BODY, MIND,
RELATIONSHIPS
& PURPOSE



**AWAKENING CHIROPRACTIC
PRESENTS:**

**SELF-HEALTH
BOOK CLUB**

Thursday | 5:30 PM
January 26th

7 Grange Rd
Tilton, NH 03276

2023 Awakening SELF-HEALTH BOOK CLUB

JAN 26

The Stress Solution By Dr. Rangan Chatterjeel

FEB 23

The Untethered Soul By Michael Singer

MAR 30

Chris Beat Cancer By Chris Wark

APR 27

Dopesick By Beth Macy

MAY 25

Atlas of the Heart By Brene Brown

JUN 29

Think Again By Adam Grant

JUL 27

Breaking the Habit of Being Yourself
By Joe Dispenza

AUG 31

Who Will Cry When You Die By Robin Sharma

SEP 28

Atomic Habits By James Clear

OCT 26

Lost Connections By Johann Har

NOV 30

The Mountain is You By Brianna Wiest

DEC 28

Delay Don't Deny By Gin Stephens

@ 5:30pm