
LOSE WEIGHT, STOP CRAVINGS,
GET YOUR ENERGY BACK,
AND STILL EAT WHAT YOU LOVE

GOOD BOOKS, GOOD TEA, AND GOOD COMPANY

GLUCOSE REVOLUTION

The life-changing
power of balancing
your blood sugar

JESSIE INCHAUSPÉ



READ
THE AUT

**AWAKENING CHIROPRACTIC
PRESENTS:**

**SELF-HEALTH
BOOK CLUB**

Thursday | 5:30 PM
Nov 21 Grange Rd

Tilton, NH 03276

2024 Awakening

SELF-HEALTH BOOK CLUB

JAN 25

Happy Mind Happy Life
By Dr. Rangan Chatterjeel

FEB 29

Living Untethered By Michael Singer

MAR 28

The Culture Code By Daniel Coyle

APR 25

Drop Acid By David Perlmutter

MAY 30

The Mastery of Self By Miguel Ruiz

JUN 27

Breaking The Stress Cycle By Andrew
Bernstein

JUL 25

Becoming Supernatural By Joe Dispenza

AUG 29

The Everyday Hero Manifesto By Robin Sharma

SEP 26

Braving The Wilderness By Brene Brown

OCT 24

Thinking, Fast and Slow
By Daniel Kahneman

NOV 21

Glucose Revolution By Jessie Inchauspe

DEC 19

The Four Agreements By Miguel Ruiz

@ 5:30pm