

#1 NEW YORK TIMES BESTSELLER

GOOD BOOKS, GOOD TEA, AND GOOD COMPANY

# OUTLIVE

THE SCIENCE & ART  
OF LONGEVITY

PETER ATTIA, MD

WITH BILL GIFFORD

RETHINKING MEDICINE  TO LIVE BETTER LONGER

**AWAKENING CHIROPRACTIC  
PRESENTS:**

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**SELF-HEALTH  
BOOK CLUB**

Thursday | 5:30 PM  
April 24th

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7 Grange Rd  
Tilton, NH 03276

# 2025 Awakening SELF-HEALTH BOOK CLUB

JAN

Off

FEB

Off

MAR

Off

APR 24

*Outlive* By Peter Attia

MAY 29

*The Pocket Thich Nhat Hanh*  
By Thich Nhat Hanh

JUN 26

*Lifespan: Why we Age and Why we don't  
have to* By David Sinclair

JUL 31

*The Obesity Code* By Jason Fung

AUG 28

*The Seven Spiritual Laws of Success*  
By Deepak Chopra

SEP 25

*Breath* By James Nestor

OCT 23

*Man's Search For Meaning* By  
Viktor E. Frankl

NOV 20

*Good Energy: The Surprising Connection Between  
Metabolism and Limitless Health*  
By Casey Means

DEC 18

*The Anxious Generation*  
By Jonathan Haidt

@ 5:30pm