

BOOK CHAT SERIES


THE GIFTS OF IMPERFECTION


by Brene Brown


The *Gifts of Imperfection* explores how embracing vulnerability, courage, compassion, and authenticity can lead to a more meaningful and wholehearted life. The book offers practical insights and inspiration for developing stronger connections with ourselves and others, while embracing our imperfections as sources of strength and growth.



DATES:


 Tuesday, August 11

 Tuesday, August 18

 Tuesday, August 25

SCHEDULE:

 *Dinner:* 5:00 PM

 *Book Chat:*
6:00-7:30 PM

FORMAT:

Hybrid, in-person or online

TOPICS COVERED:

- Cultivating Authenticity
- Self-Compassion
- Resilience and Shame
- Gratitude and Joy
- Letting Go of Perfectionism

REGISTER TODAY

Email, Kristine.Perry@graniteuw.org

OR

Call, (603)536-3720

Dinner and child care provided.
Book included. Pickup or mailing available upon registration.

