

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.



NEW!

DATES:

-  Tuesday, September 1
-  Tuesday, September 8
-  Tuesday, September 15

SCHEDULE:

-  *Book Chat:*
12:00-1:00 PM
-  *Lunch provided!*

FORMAT:

In-person

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

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

