

# Spark Book Group

Spring into engaging conversations through a 3-week discussion of *Untamed* by award-winning author and speaker, Glennon Doyle!

*"Untamed is both an intimate memoir and a galvanizing wake-up call. It is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. Untamed shows us how to be brave."*



**Evening Group: Virtual**

Tuesdays 6:00–7:30 pm

April 26, May 3, May 10

OR

**Daytime Group: In-Person**

Thursdays 10:00–11:30 am

April 28, May 5, May 12



To join us, please complete a brief registration form by scanning the QR code, email [resetlifeprogams@gmail.com](mailto:resetlifeprogams@gmail.com), visit our website: [www.resetdotlife.org](http://www.resetdotlife.org), or stop by the Reset.Life office located inside Sunrise on Main Boutique! Space is limited; reserve your spot now!

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