



FALL 2021 BOOK STUDY

*Presented by the
Bethlehem Parent &
Family Education
Group*

A motivational and inspiring guide to wholehearted living. Author Brené Brown, Ph.D., bolsters the self-esteem and personal development process through heartfelt, honest storytelling. With original research and lots of encouragement, she explores the psychology of releasing our definitions of an “imperfect” life and embracing living authentically. Brown’s “ten guideposts” are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.

We live in a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation. More than ever, we need to find truth and gratitude in our lives. A new way forward means we can’t hold on too tightly to our own self-defeating thoughts or the displaced pain in our world. Instead, we can learn to embrace the imperfection.

Participants are responsible for purchasing their own copy of the book. Currently available on Amazon and elsewhere.

Contact info@oasisbethlehem to register.

OASIS Community Center
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484-747-6825 oasisbethlehem.org



**STARTS
SEPTEMBER 15
2021**

**WEDNESDAYS
7:00 pm TO 8:30 pm**

**Attend In-Person at
Oasis OR Virtually
Via Zoom**

**FACILITATORS:
Beth Papaz
Janette Zuk**
