GIFT



## **BOOK BREAKDOWN**

WEEK 1 - Before Sunday January 14:

Unlocking Our Mental Prisons Chapter 1: What Now? (28p)

WEEK 2 - <u>Before Sunday January 21</u>:

Chapter 2: No Prozac in Auschwitz (22p)

WEEK 3 - <u>Before Sunday January 28</u>:

Chapter 3: All other relationships Will End (20p)

WEEK 4 - <u>Before Sunday February 4</u>:

Chapter 4: One Butt, Two Chairs Chapter 5: No One Rejects You But You (20p)

WEEK 5 - <u>Before Sunday February 11</u>:

Chapter 6: What Didn't Happen (16p)

WEEK 6 - <u>Before Sunday February 18</u>:

Chapter 7: Nothing To Prove Chapter 8: Would You Like To Be married To You? (26p)



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**BETWEEN** Talent, Development and Learning (TDL) & The Office of Well-Being and Resilience (OWBR)



## **BOOK BREAKDOWN**

WEEK 7 - Before Sunday February 25:

Chapter 9: Are You Evolving or Revolving? (16p)

WEEK 8 - Before Sunday March 3:

Chapter 10: The Nazi In You (14p)

WEEK 9 - Before Sunday March 10:

Chapter 11: If I Survive Today, Tomorrow I Will Be Free (16p)

WEEK 10 - Before Sunday March 17:

Chapter 12: There's No Forgiveness Without Rage (12p)

WEEK 11 - Before Sunday March 24:

Chapter 13: The Gift of Our Time Conclusion (14p)

## WEEK 12 - GROUP DISCUSSION

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Mount Sinai Health System

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