

## Cleaning Up Your Mental Mess

*5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress & Toxic Thinking* by Dr Caroline Leaf

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose &amp; Buy Book</i>	
Week 2	<i>Intro To Small Groups</i>	<i>Read Chapter 1</i>
Week 3	<i>Discuss Chapter 1</i>	<i>Read Chapter 2 &amp; 3</i>
Week 4	<i>Discuss Chapter 2 &amp; 3</i>	<i>Read Chapter 4</i>
Week 5	<i>Discuss Chapter 4</i>	<i>Read Chapter 5 &amp; 6</i>
Week 6	<i>Discuss Chapter 5 &amp; 6</i>	<i>Read Chapter 7</i>
Week 7	<i>Discuss Chapter 7</i>	<i>Read Chapter 8 &amp; 9</i>
Week 8	<i>Discuss Chapter 8 &amp; 9</i>	<i>Read Chapter 10</i>
Week 9	<i>Discuss Chapter 10</i>	<i>Read Chapter 11</i>
Week 10	<i>Discuss Chapter 11</i>	<i>Read Chapter 12</i>
Week 11	<i>Discuss Chapter 12</i>	<i>Read Chapter 13</i>
Week 12	<i>Discuss Chapter 13</i>	<i>Read Chapter 14</i>
Week 13	<i>Discuss Chapter 14</i>	
Week 14	<i>FINAL BRUNCH</i>	



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