

## Boundaries For The Soul

*How To Turn Your Overwhelming Thoughts & Feelings Into Your Biggest Allies* by Alison Cook PhD & Kimberly Miler Mth, LMFT

| WEEK    | DURING SMALL GROUP                                | AT HOME READING               |
|---------|---|-------------------------------|
| Week 1  | <i>KICKOFF BRUNCH<br/>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<br/>Discuss Favorite Takeaway</i> |                               |



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