

## The Best Of You

*Break Free from Painful Patterns, Mend Your Past,  
and Discover Your True Self in God* by Dr. Alison Cook

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



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