



*Embodied Book Club Presents*

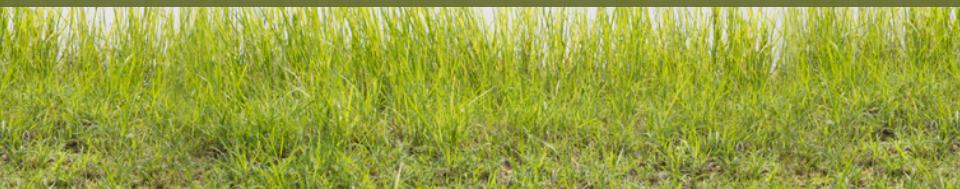
# **SET BOUNDARIES, FIND PEACE**

A Guide To Reclaiming Yourself  
by Nedra Glover Tawwab

**BEGINNING SEPTEMBER 8, 2022**

Learn ways to live a life with safety, respect, and  
clarity you deserve.

This group will be co-facilitated by  
Elisabeth Peterson, RDN, CEDRD-S, Certified Intuitive Eating Counselor  
and Laurie Manns, LPC, CSAC



# *Join Us This Fall*

## **WHAT THE BOOK CLUB IS ALL ABOUT...**

We thrive by feeding our spiritual, physical, intellectual, emotional and social self.—why go it alone? Using fabulous books to guide our discussion, together we'll dive into and discuss topics that help us heal our relationship with our body, mind and soul.

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**This is a 8-session series that will meet remotely via Zoom and will run bi-weekly on Thursday evenings starting September 8, 2022-December 15, 2022 from 7:00-9:00.**

*The cost is \$385*

**SIGN UP TODAY!!!**

<http://petersonnutrition.com/contact.php>. Select send us an email with your name and label the subject line Fall Book Club.

Space is limited and we ask that you register for the group no later than September 5, 2022. If you have questions about this group, please feel free to email us at [elisabeth@petersonnutrition.com](mailto:elisabeth@petersonnutrition.com) or [laurie@lauriemanns.com](mailto:laurie@lauriemanns.com)