



# Whole Balance Health

counseling. nutrition. life skills.

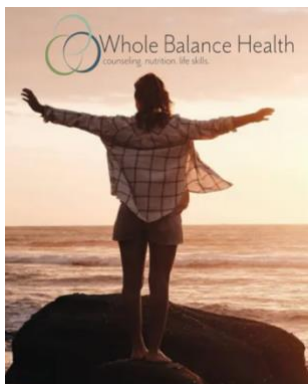
New Psychotherapy  
Book Club!

**Whole Balance Health is offering bi-weekly, combination support-book club groups on alternating Sundays in Colorado Springs—\$30 per session.**

Many people enjoy reading and discussing books, but what if you could read a provocative, enlightening, even life changing book, then discuss it with people of similar interests and life situations in a combination support / psychotherapy group?



Image credit: North Liberty Library



So many profound books have been written that help us understand trauma, loss, conflict, shame, and other issues that often compromise quality of life and mental health, but finding those books can be almost by chance and with whom can you discuss them? In this “psychotherapy book club” we read books purposely curated for their insights, and in particular, tools for addressing the challenges so many of us face. The facilitated group is both enjoyable and therapeutic—a safe place to open up with others experiencing similar issues in the context of high-quality fiction and non-fiction literature.

**Depending on the book, the sessions will focus on:**

- 1) Trauma
- 2) Shame
- 3) Grief and loss
- 4) Relationships
- 5) Other issues related to mental health and wellness

For more information contact the facilitator at:

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(719) 781-6349

“The point is still to lean toward the discomfort of life and see it clearly rather than protect ourselves from it.” - Pema Chodron