Book Title: **Switch on Your Brain:**

**The Key to Peak Happiness, Thinking and Health**

**Author:** Dr. Carolyn Leaf

**Number of pages:** 202

**Summary of Book:**

According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses.

Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the "switch" in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life, get our minds under control, and reap the benefits of a detoxed thought life.

Book Title: **The Essential 8 (Principles of a Strong Family)**

**Author:** Sam and Geri Laing

**Number of pages:** 116

**Summary of Book:**

Simply put, this is a hands-on workbook to help you get your family on a solid spiritual foundation and keep it there. It is an eight-week plan designed for personal study on a daily basis and in a small discussion group once per week. We will take you on a journey of discovery of the Essential 8 Principles (E8)-the bedrock concepts you need to understand, believe and implement so as to build a family that is close, spiritual and thriving. And just who is E8 for? It is for all parents, from the youngest to the oldest, whether with a spouse or a single parent; from the classic Mom and Dad family to the blended family. The E8 principles are applicable and indispensable in every situation of life. Yes, much of what we write is directed at the two-parent, spiritually based family. But the principles of family building in this book are not limited to this situation; they are adaptable to others as well. Here are the eight principles that will be covered: First Principle: First Things First Second Principle: Family Fabric Third Principle: Heart-to-Heart Talks Fourth Principle: Resolve, Repair and Forgive Fifth Principle: Godly Priorities, Sane Schedule The Sixth Principle: Church Connection Seventh Principle: Faith, Fun and Laughter Eighth Principle: Family Spirituality

Book Title: **Women of the Word: How to Study the Bible with Both Our Hearts and Our Minds**

**Author:** Jen Wilkin

**Number of pages:** 152

**Discussion Day/Time: Saturday mornings - June 22nd, July 20th, August 24th**

**Summary of Book:**

We all know it’s important to study God’s Word. But sometimes it’s hard to know where to start. What’s more, a lack of time, emotionally driven approaches and past frustrations can erode our resolve to keep growing in our knowledge of Scripture. How can we, as Christian women, keep our focus and sustain our passion when reading the Bible?

Offer a clear and concise plan to help women go deeper in their study of Scripture, this book will equip you to engage God’

Book Title: **The Atonement Child** (Christian fiction)

**Author:** Francine Rivers

**Number of pages:** 372

**Summary of Book:**

Dynah Carey knew where her life was headed. Engaged to a wonderful man, the daughter of doting parents, a faithful child of God, she has it all. Then the unthinkable happens: Dynah’s perfect life is irrevocably changed by a rape that results in an unwanted pregnancy. Her family is torn apart and her seemingly rock-solid faith is pushed to the limits as she faces the most momentous choice of her life: to embrace or to end the life within her. This is ultimately a tale of three women, as Dynah’s plight forces both her mother and her grandmother to face the choices they made. Written with balance and compassion, *The Atonement Child* brings a new perspective to the most controversial topic of our times.

Book Title: **When God Says Wait**

**Author:** Elizabeth Laing Thompson

**Number of pages:** 217

**Summary of Book:**

A job, a true love, a baby, a cure. . .
We’re all waiting for something from God.
And the place between His answers can feel like a wasteland where dreams—and faith—go to die.
**When we’re waiting, we wonder, *“Why?”, “Why me?”, and “How long?”***

Author Elizabeth Laing Thompson invites you to walk alongside people of the Bible who had to wait on God. . .imperfect heroes like David, Miriam, Naomi, Sarah, Joseph, and others. Their stories will provide a roadmap for your own story, helping you navigate the painful, lonely territory of waiting, coming out on the other side with your faith, relationships, and sense of humor intact. They might even help you learn to enjoy the ride.

This book is about the journey of waiting, the space between answers, and the people we become while we live there.

Book Title: **When God Says Go**

**Author:** Elizabeth Laing Thompson

**Number of pages:** 219

**Summary of Book:**

When God says, “Go," what will you do?
Author Elizabeth Laing Thompson invites you to walk alongside people of the Bible who were called by God to fulfill His purposes. . .people like Moses, Esther, Abigail, Jeremiah, Mary, and others. These Bible heroes responded much like we do--with a jumbled-up inner storm of excitement and fear, insecurity and hope. Their stories and struggles will provide a roadmap for your own story, helping you face your very own doubts, regrets, and worries.

When God calls, it’s time to go. Maybe somewhere new, someplace you've never been. Maybe it’s time to go forward after being stuck with one foot in the past. Maybe it’s time to go deeper—in Bible study or relationships. Time to go higher—in prayer or dreams. Time to go and give—to use talents and opportunities God has given you. Or maybe it’s time to go and grow, right where you are. . .to dig into the Word, dive into your heart, and become the woman God is calling you to be.

Ready or not, God is calling us all to go somewhere new in our walk with Him. So what are we waiting for? Let’s answer His call. Let’s get started!