

EMBODY FALL BOOK CLUB

STOP LETTING EVERY THING AFFECT YOU

HOW TO BREAK FREE FROM
OVERTHINKING, EMOTIONAL CHAOS,
AND SELF-SABOTAGE



DANIEL CHIDIAC



Facilitated by
Elisabeth Peterson, RD, CEDS-C &
Laurie Manns, LPC

REGISTER TODAY
[PETERSONNUTRITION/BOOK-CLUB.HTML](https://petersonnutrition.com/book-club.html)
OR BY CALLING 804-440-3110

*Develop the capacity to experience life's ups and downs
with greater flexibility, self-compassion, and trust.*

Book Club Details

 Book Selection: "Stop Letting Everything Affect You" by Daniel Chidiac

 Cost: \$280 for the entire program

 Meeting Frequency: Biweekly on Tuesdays
7:00 pm-9:00 pm

 Meeting Time: Starting September 1, 2026-November 24, 2026

 Location: Virtual via Zoom

Why Join Our Book Club?

Community & Support

Connect with like-minded individuals on a journey to food freedom and self-acceptance.

Guidance

Both nutrition and mental health perspectives are explored with trained professionals.

Deep Dive

Nurture a gentler relationship with your body by exploring ideas that honor and respect it-just as it is, without needing to be fixed or improved.

Healing Relationship with Food & Body

Embracing self-compassion, trust, and liberation from diet culture, moving towards body autonomy and body sovereignty.

Inclusivity

We welcome everyone, regardless of their background, to foster a diverse and supportive community.

Books are not provided for the chapter discussions, so securing a library loan or purchase is necessary.

To join us, please register by visiting online at
petersonnutrition/book-club.html
or by calling 804-440-3110

*Join us in this enriching conversation by
reserving your spot today!*