From: Melissa Sheffer
To: Brianna Stovall
Subject: Our Next Book: Atomic Habits
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Hello, everyone-

We are bringing back our book club (the virtual version!) We're reading Atomic Habits by James Clear. Here are some editorial reviews to give you a sense of what it's about:

"A supremely practical and useful book. James Clear distills the most fundamental information about habit formation, so you can accomplish more by focusing on less."
-Mark Manson, #1 *New York Times* best-selling author of *The Subtle Art of Not Giving a F*ck*

"James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones."
-Adam Grant, *New York Times* best-selling author of *Originals*, *Give and Take*, and *Option B* with Sheryl Sandberg

"As a physician attempting to help my patients build healthy habits to decrease and reverse chronic disease, *Atomic Habits* is the playbook I have been searching for. Not only does the book offer actionable items I can teach my patients, I can refer them to read and implement the ideas themselves. The format is powerful and simple. This should be taught in all medical schools."
-Laurie Marbas, MD, United States Air Force veteran

If you'd like to participate, please send an email to: msheffer@jaypeakresort.com before Monday, 4/26 to request your complimentary copy of the book. We'll arrange a pick up time with you.

Next, you'll receive a Zoom invite for our first discussion, which we anticipate will be in mid May.

That's it for now. Looking forward to staying connected.

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