

Newtown Friends Meeting

Fall 2016 Book Discussion

The Four Things That Matter Most

by Ira Byock, M.D.

Date: Saturday, October 15, 2016

Place: Newtown Friends Meeting, 219 Court Street, Newtown, PA 18940

Time: 6 PM - 8 PM

Too often we assume that the people we love really know we love them.

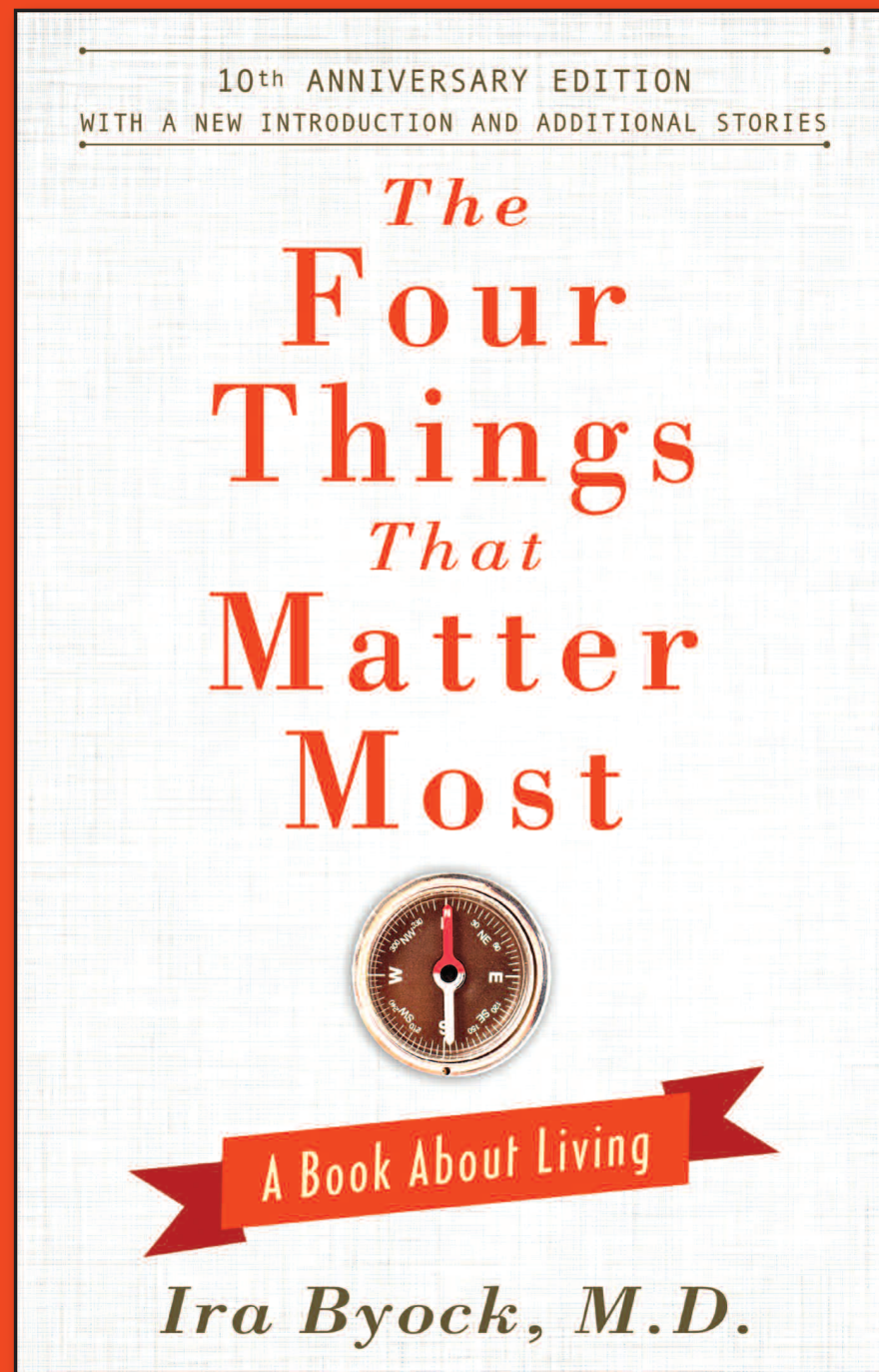
Four simple phrases — “Please forgive me,” “I forgive you,” “Thank you,” and “I love you” — carry enormous power.

In The Four Things That Matter Most, Dr. Ira Byock teaches us how to practice these life-affirming words in our day-to-day lives. These four phrases and the sentiments they convey provide a path to emotional wellbeing, guiding us through interpersonal difficulties to life with integrity and grace.

Dr. Byock reveals the value of stating the obvious and provides insights into how we burden ourselves by hanging on to old grudges unconsciously and unnecessarily. His insights help us to forgive, appreciate, love and celebrate one another more fully.

With practical wisdom and spiritual punch, *The Four Things that Matter Most* gives us the language and guidance to honor and experience what really matters most in our lives every day.

A light supper will be provided; childcare is available upon request (submit request no later than October 8). Please RSVP to wendybkane@gmail.com to receive further updates about the discussion.



Discussion
Facilitated by
Martha Holland



the
four
things
that
matter
most

1 please forgive me

2 i forgive you

3 thank you

4 i love you