

# Shared Reading & Book Groups



## MIND

Express your opinions with confidence  
Expand your general knowledge  
Challenge your understanding  
Awaken your capabilities  
Think strategically



## BODY

Connect physically with others  
Reduce your stress levels  
Eat cake and drink tea!  
Improve your overall health  
Make time to read and relax



## SOUL

Be listened to  
Feel less isolated  
Reflect on yourself and others  
See yourself in the pages of a book  
Grow cultural awareness and empathy

