



*Get out of your Head*  
*FEW Book Review*  
*Monthly - 3<sup>rd</sup> Saturday at 10:37am*

**1<sup>st</sup> Session - July 18 – August 14**  
*Part One: All the Thoughts*

Chapter 1: Thinking About Thinking  
Chapter 2: What We Believe  
Chapter 3: Spiraling Out  
Chapter 4: Breaking Free  
Chapter 5: Where Thoughts Are Captured  
Chapter 6: Breaking Free

**2<sup>nd</sup> Session - August 15-September 19**  
*Part Two: Taking Down the Enemies of Our Minds*

Chapter 7: Drawing Battle Lines  
Chapter 8: Holding Space for Silence  
Chapter 9: Lifelines  
Chapter 10: Unafraid  
Chapter 11: A Beautiful Interpretation

**3<sup>rd</sup> Session - September 20-October 17**  
*Part Two: Taking Down the Enemies of Our Minds*  
*Part Three: Thinking As Jesus Thinks*

Chapter 12: Less Important  
Chapter 13: Not Overcome  
Chapter 14: Run Your Race  
Chapter 15: Who do you think you are?  
Chapter 16 Dangerous Thinking