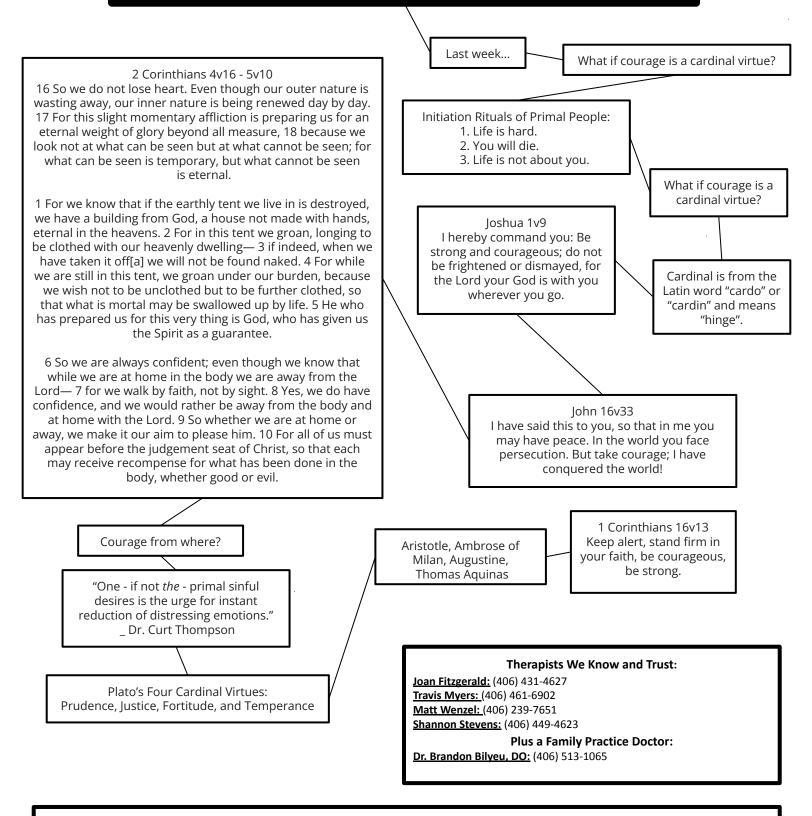
## Your Mental Game - Back to the Basics

What if Courage is a Cardinal Virtue? September 18, 2022



Book: Anatomy of the Soul by Dr. Curt Thompson; Switch on Your Brain by Dr. Caroline Leaf
Podcast: Word on Fire Show 338: Evolution and the Modern World with Bret Weinstein and Heather Heying, June 13, 2022
Songs: Brave (Preview), Holy Water, Bright Star, No Longer Slaves, O Come to the Altar, Take Courage
Looking to Connect?: One of the staff would love to meet for a walk, on the phone, or for a beverage. To schedule a time please visit our website and click on the "Meet with Staff" button on the home page.