

QL Book Club meetings are every 3rd Thursday at 9:00PM ET (6:00PM PT), February-July, 2019 on Zoom!

For more info: https://results.org/events

There will be 6 sessions where we'll process the book and practice its skills together. These will be recorded and people can be available to practice and processing for those who must miss

them. We want everyone in RESULTS to be a quiet leader! Here are some <u>ongoing notes</u> on the whole book for your perusal.

## Before February 21st: Read pp. 1-35

- Pt I: Recent discoveries about the brain that change everything Notes

Before March 21st: Read pp. 35-66

- Six steps, step 1

Before April 18th: Read pp. 72-97

- Six steps, steps 2-3

Before May 16th: Read pp. 101-149

- Dance toward insight

Before June 20th: Read pp. 151-185

- CREATE new thinkings model and follow up

Before July 18th: Read pp. 187-233 (LM: RESULTS International Conference session instead, sometime July 13-16?)

- Putting the steps to use