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## Feel good and stay young with our every-other-month Social Book Club that shows you how to age vibrantly!

Tuesday, March 13, 2012  
7-8:30pm  
Greetings & Readings of Hunt Valley  
Hunt Valley Towne Centre  
118-AA Shawan Road  
Hunt Valley, MD 21030

Register for each meeting at [goodsam-md.org/bookclub](http://goodsam-md.org/bookclub) or call 443.444.4100.

### Discussion Questions

#### *An Unquiet Mind*

1. How did your perceptions of this illness change after you read this book?
2. What was the most surprising thing that you learned about this illness?
3. Have you ever known anyone who has suffered from a bipolar illness? What would you do differently today now that you have read this book?

### Our Next Featured Book:

#### *An Unquiet Mind*

by Kay Redfield Jamison

*An Unquiet Mind* is an intriguing look at bipolar illness and the many facets of its symptoms and treatments. The author delves into the common temptation to stop taking medications and what can result from this decision. The author provides a very unique perspective to this issue as she herself suffered from the same illness as her patients back when she was pursuing her career in academic medicine. She gives rare insight into what this illness means to both the individual who is dealing with it daily as well as the individual who is treating them.

Karen's rating:  [out of 5 apples]



**Karen Kansler, RN**, community outreach nurse and arthritis navigator for Good Samaritan Hospital who holds a Master's degree in studies in aging, is your guide to turning back your biological clock. She doesn't just lead Better Health by the Book — she lives it!

From little-known techniques to over-the-top motivation, Karen brings all of it to these sessions. "Aging vibrantly is an art form, and now's the time to start working on your masterpiece," says Karen. "Every day, we have a choice to be happy or not, to be informed or not, to be healthier or not. It's up to us to make good choices."