

Atlas of the Heart

HBO Max docuseries and book by Brene Brown

Study Outline – July & August 2022 – Northminster Presbyterian Church

We will be watching the docuseries episode at 6 p.m. Our discussion will happen from 7 to 8:30. It is not necessary to have read the book. Watching the docuseries will be helpful so join us for the watch party at 6 p.m. or watch at home and come for the discussion at 7 p.m.

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| July 13 – | Episode 1: | The Language of Emotion and Human Experience
Emotions & Experiences – Anguish, Awe, Wonder, Grief
(Book – Introduction, 4 & 6) |
| July 20 – | Episode 2: | Places We Go When Things Are Uncertain or Too Much: Stress, Overwhelm, Anxiety, Worry, Avoidance, Dread, Fear, and Vulnerability
(Book – 1) |
| August 10 – | Episode 3: | Places We Go When We Compare: Comparison, Envy, Jealousy, Resentment, Schadenfreude, Admiration, Reverence, and Irreverence
(Book – 2) |
| August 17 – | Episode 4: | Places We Go When Things Aren't What They Seem: Bittersweet, Nostalgia, Irony, Sarcasm, Self-Righteousness
(Book – 5, 12) |
| August 24 – | Episode 5: | Places We Go With Others: Compassion, Empathy, and The Framework for Meaningful Connection
(Book – 7, Cultivating Meaningful Connection) |