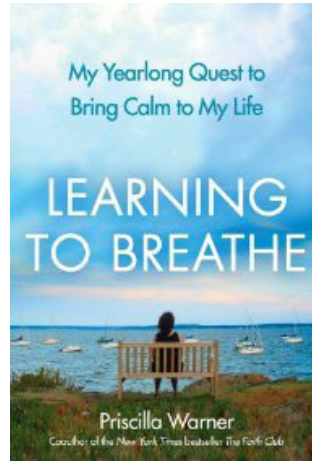


PLEASE JOIN US FOR A READING



***Learning to Breathe:
My Yearlong Quest to Bring Calm to My Life***

PRISCILLA WARNER

Sunday, November 20, 2011 at 4 pm

at

Larchmont Village Center

(behind the library on 121 Larchmont Avenue)

For 40 years Priscilla Warner suffered from anxiety attacks so debilitating she could barely breathe. Finally, while on an extended book tour for her best-selling book, *The Faith Club*, she had an epiphany at 30,000 feet. In the skies over Oklahoma, she vowed to find her inner monk and meditate her way from panic to peace.

"When I finished Priscilla's book, a smile washed over my face and I let out a sigh. I promise you will do the same." – Meredith Vieira

sponsored by
The Friends of the Larchmont Public Library

Free and open to the public!