

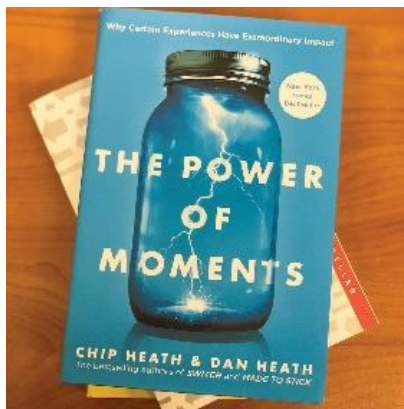


**Ellyn Dunford**

Senior Military Spouse and Mentor

Thursday - July 25

## **Facilitated Book Discussion: *The Power of Moments:* Why Certain Experiences Have Extraordinary Impact**



Begin exploring your convoys of social support before the NTS begins by reading *The Power of Moments* by Chip and Dan Heath in preparation for this special book discussion session. In their words, Chip and Dan explain, “Psychologists have found that, when we reflect on our experiences, we tend to remember two moments in particular: The “peak”—the best moment of a positive experience—and the ending. So here’s the question for all of us: Are we paying attention to these moments? Are we consciously creating peaks for our customers or students or employees?”

Join this important session as we explore ways we can all take the lessons from Chip and Dan Heath to improve the experiences for the military-connected children in both our professional and personal lives. Order your copy of *The Power of Moments* and get reading today!