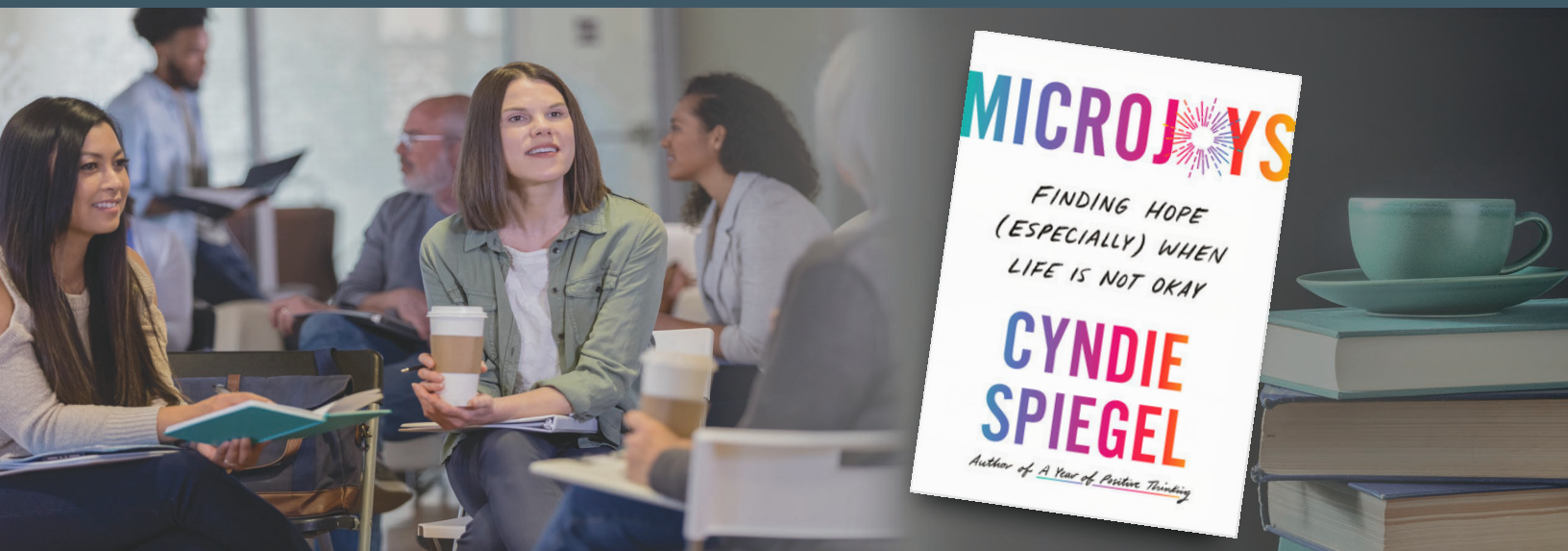


# Greetings from the Institutional Wellness Committee at GovState!



## Join Our Wellness Book Club!

This **book club** is designed for GSU faculty, staff, and students to build community and identity through reading and discussing a book around wellness.

For our Fall 2025 book club, we'll read ***Microjoys: Finding Hope (Especially) when Life is Not Okay*** by **Cyndie Spiegel**. The GSU library does not currently hold the title, but it is available through I-Share or at your local library. Additionally, if you have Spotify Premium, you have access to the audiobook version.

**Read the book and join us for a discussion on September 17, 2025, at 12 p.m.** in Engbertson Hall. Light refreshments will be provided.

The book club discussion will be led by members of the Institutional Wellness Committee.

Details about the book club discussion will be determined once participants fill out the "Wellness Book Club Survey" by clicking on this [link](#) or scanning the QR Code.

