



***Transforming Anxiety* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Chapter 9: Building Resilience

1. What is “heart buoyancy”? (p. 139,140)
2. Summarize the Tips to Reduce Social Anxiety.” (pp. 141-143)
3. How do I develop the “business heart”? (p. 143)
4. When in my day can I set aside time to practice heart coherency?
5. What is a good mantra or motto that I can put up in a conspicuous place that will remind me to take time to establish heart coherency and be gentle with myself?