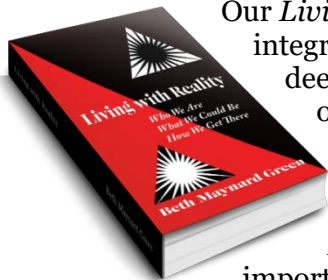


Beth Green Media



Living with Reality

Book Study Mutual Support Groups



Our *Living with Reality* book study mutual support groups are extremely helpful in integrating the teachings of the *Living with Reality* book. They give us an opportunity to deepen our understanding of the book and learn how to practice the nine platforms in our daily lives. There is no charge for these ongoing phone meetings; we ask everyone for support on a donation basis.

The mutual support groups focus on studying and discussing the *Living with Reality* book and working through its many exercises. The book is packed with important concepts, in-depth analysis and concrete practices that enable us to change ourselves in a profound way. It is a true workbook: teaching, challenging and guiding our self-discovery.

You can download the whole book for free [here](#) (just add your email address to the box on the homepage) or purchase it at [Amazon](#). You will be asked to read and study along with the group, so you will need a printed or e-book version to take advantage of our mutual support program.

The written format for the meetings is available [here](#). The format will give you a sense of our process. We recommend reading the entire book between meetings but please read at least the first section before you attend your first meeting.

Currently Scheduled Living with Reality Meetings

All times are Pacific Standard Time

Thursday	7-8am
Saturday	8-9 am

To join us call our Conference Line (712) 432-6333 extension 173936#

To accommodate people from different geographic areas we meet by phone. Please be aware that this is a long-distance call. During the call you may need the option of using *6 to mute and un-mute, unless you have that feature on your phone.

If you would like to start an additional Mutual Support meeting by phone or in person, or if you have any questions regarding this program please call Erica Myers, Director of our Mutual Support Program at (760) 529-2488.