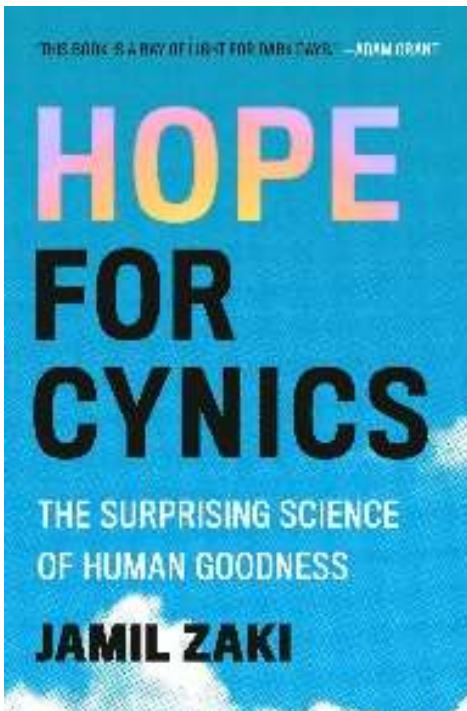


**First meeting on Wednesday January 29th at 6:30 PM  
New Book Group Discussion of Best-Selling Book,  
“Hope for Cynics: The Surprising Science of Human Goodness”**



In today’s harsh world is it naive to be an optimist? With all the constant bad news do you ask- “How can anyone avoid being a cynic?”

You are invited to join a new book group entitled *Hope for Cynics: The Surprising Science of Human Goodness*. The best-selling book of the same title will be the basis for discussion.

The mental state of *cynicism* is actually making us physically sick, and Stanford Psychologist Jamil Zaki has the cure. When we look into the real facts, Dr. Zaki shows us how to find a “ray of light for dark days.” The book is powered with examples of how people have changed their outlook, and their behavior, to gain a more positive and uplifting attitude toward the world and others. A practical *Hope* can guide the way.

To get a handle on reality, this program will help us learn together how it’s good to be skeptical, but to also understand how *cynicism* can take over. That is when the damage begins.

The first session of the book discussion is on Wednesday January 29th at 6:30 PM at the Centre Congregational Church, 5 Summer Street, Lynnfield. Rev. Tom Bentley and Randy Russell will guide the discussion. Copies of the book are available on loan at the Lynnfield Library or can be purchased online or at a book store.

Please call the Centre Church office to register at 781-334-3050 or email [Office@Centre-Church.org](mailto:Office@Centre-Church.org). You can also sign up or get further information by texting or calling 978-973-2362.