

# WINTER BOOK CLUB VIRTUAL EVENT!

*Featuring a presentation with award-winning author,  
Dr. Roger Landry, MD, MPH*

## Resilience in the Time of Covid 19: Lessons Learned from the Research on *Live Long, Die Short*

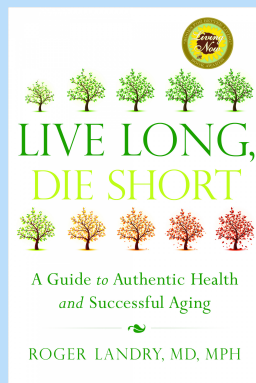
Dr. Roger Landry, MD, MPH leads this one-of-a-kind virtual event, discussing stress resilience and coping during Covid, using key concepts from his book, *Live Long, Die Short*. Participants are invited to ask questions and join the discussion!

**SAVE THE DATE: Thursday, January 14**

**TIME: 1pm PT/ 2pm MT / 3pm CT/ 4pm ET**

### How to Join:

- Purchase a copy here:  
<https://bit.ly/3dSf4v9>
- Join the event here Jan. 14:  
<https://bit.ly/2FTcB7i>

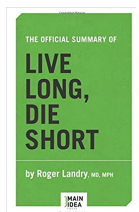


Short on time? *The Official Live Long, Die Short Summary* is available here:

<https://amzn.to/3obzZhu>

Or listen for free:

<https://bit.ly/2Hoc6CT>



Dr. Roger Landry, MD, MPH  
Preventive Medicine  
Physician, President of  
Masterpiece Living &  
award-winning author

