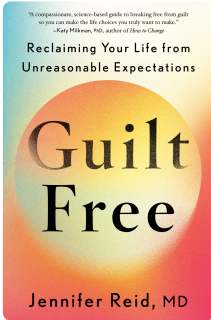


INTRODUCING

Guilt Free *Groups*

There's something powerful about women gathering together to release the guilt.

Based on [Guilt Free: Reclaiming Your Life from Unreasonable Expectations](#)



A small gathering of women who read and discuss the book together. No expertise required — just a willingness to be honest about what you carry and a desire to put some of it down.

SUGGESTED DETAILS *(Totally Flexible)*

- **4-8 women** meet every 2 weeks
- **6 sessions** — 60 minutes each
- **Guided discussion** with questions provided
- **In person or virtual** — your choice
- **No prep** beyond reading the chapters

WHAT YOU'LL EXPLORE

- **The Guilt Equation** — why the gap between expectations and reality creates guilt
- **The Four Furies** — caretaking, hyper-accountability, perfection, and "having it all"
- **Why guilt is sticky** — and what it's protecting you from
- **The SPEAK method** — boundaries, delegation, and allowing disappointment

"Community is so important. These groups are for any woman who has ever thought, 'I should be doing more,' while already doing too much."

— JENNIFER REID, MD

WHO IT'S FOR

Book clubs, friend groups, colleagues, therapy alumni, mother's groups, women's organizations — anyone ready for honest conversations about guilt.

Become a Guilt Free Group Host

You don't need to be a therapist. Just a copy of the book, a few women you trust, and willingness to hold space for honest conversation.

[Request the free Host Packet](#) — includes a 6-session discussion guide, meeting templates, group agreements, reflection exercises, and social media captions. Dr. Reid might even pop in at the closing session.

→ [JENNIFERREIDMD.COM/GUILT-FREE-GROUPS](https://jenniferreidmd.com/guilt-free-groups)