



APNA Tennessee Chapter
Book Club

Synapse Circle

first week of the month
Monday · 6:00 PM CST
Zoom link to be provided

Read at your pace. Share when you can.

Find more information on Member Bridge

The Synapse Circle

Book Overview

Titles are hyperlinked to take you to the Amazon listing for each book

July 6, 2026

More or Less Maddy: A Novel

Lisa Genova

August 3, 2026

The New Perimenopause: An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again

Mary Claire Haver MD

September 7, 2026

Dopamine Nation: Finding Balance in the Age of Indulgence

Anna Lembke MD

October 5, 2026

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

Jonathan Haidt

November 2, 2026

Stolen Focus: Why You Can't Pay Attention--and How to Think Deeply Again

Johann Hari

December 7, 2026

The Grieving Body: How the Stress of Loss Can Be an Opportunity for Healing

Mary-Frances O'Connor PhD

RSVP to attend