



WOMEN
IN
RECOVERY

2nd
THURS

The Retreat St. Paul
949 Grand Ave, St. Paul, MN 55105

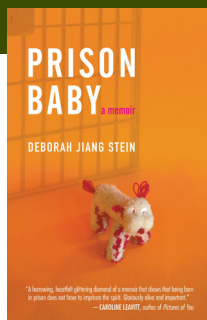
6:30pm - 8pm

Saint Paul
BOOK
GROUP

Come meet other women in recovery in a friendly, low-key setting. We meet on the **SECOND THURSDAY** of each month from 6:30-8:00 p.m. at The Retreat St. Paul - located above Bubbly Paws on Grand Ave.

Please **DO NOT** park in the lot behind the building, as it is reserved for customers; ample street parking is available. Enter in the back and proceed up the stairs.

Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

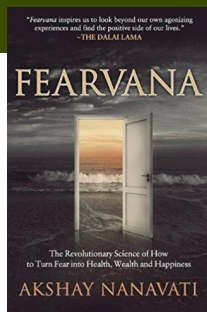


FEBRUARY 14, 2019

Prison Baby

by Deborah Jiang-Stein

Even at 12 years old, Deborah Jiang-Stein, the adopted daughter of a progressive Jewish couple in Seattle, felt like an outsider. When Deborah discovered a letter revealing the truth—that she was born in prison to a heroin-addicted mother and spent the first year of her life there—she spiraled into emotional lockdown. For years she turned to drugs, violence, and crime as a way to cope with her grief. Ultimately, Deborah overcame the stigma, shame, and secrecy of her birth and found peace by helping others—proving that redemption and acceptance is possible, even from the darkest corners.

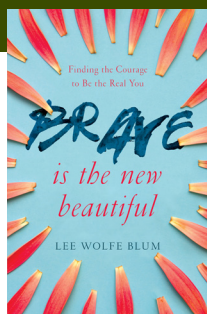


MARCH 14, 2019

Fearvana

by Akshay Nanavati

Weaving together inspiring stories, in-depth research in neuroscience, psychology and spirituality, practical insight, and actionable strategies, *Fearvana* teaches the science of how to transform all your seemingly negative emotions into health, wealth and happiness. Shattering conventional wisdom, you will learn the tools to leverage your fear, stress and anxiety to accomplish anything you set your mind to. By laying out clear, proven and actionable steps, *Fearvana* will help you develop an unstoppable mind. This is the essential guide for you to overcome any barrier standing between where you are now and where you want to be.



APRIL 11, 2019

Brave is the New Beautiful

by Lee Wolfe Blum

In a culture that bombards women with “thinspiration” messages and pressure to “do it all” while wearing the mask of perfection, women are left feeling alone and overwhelmed. How can we stop comparing ourselves to others? How can we live out who we really are? In *Brave Is the New Beautiful*, Blum weaves reflections from her own journey with inspirational stories from everyday women who chose to take off their masks and live authentically. Through call-to-action questions and ideas, she encourages readers to be brave enough to be their authentic selves.

Our mission is to create a caring community that provides education, spiritual insight, and growth opportunities for women in all 12-step recovery programs.