



WOMEN  
IN  
RECOVERY

Wayzata  
BOOK  
GROUP

2nd  
WED

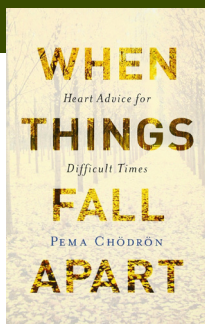
The Retreat

1221 Wayzata Blvd E, Wayzata, MN 55391

6:30pm - 8pm

Come meet other women in recovery in a friendly, low-key setting. We meet on the SECOND WEDNESDAY of each month from 6:30-8:00 p.m. in the large meeting room on the lower level (ask at the desk if you need directions).

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 13, 2019

### *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön

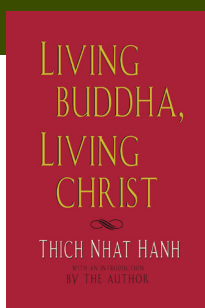
Drawn from traditional Buddhist wisdom, Pema Chödrön's radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. There is only one approach to suffering that is of lasting benefit, Pema teaches, and that approach involves moving toward painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation. It is there, in the midst of chaos, that we can discover the truth and love that are indestructible.



MARCH 13, 2019

### *Spirit Junkie: A Radical Road to Self-Love and Miracles* by Gabrielle Bernstein

How does a New York City publicist and party girl turn into a go-to guide for the next generation? In 2005, Bernstein became a student of *A Course in Miracles*, and she has since been guided to teach those spiritual principles to the next generation of seekers. Bernstein shares the story of how she transformed her life, offering her spiritual journey as a guidebook for overcoming fear, changing perceptions, and creating a life you're psyched to wake up for.



APRIL 10, 2019

### *Living Buddha, Living Christ* by Thich Nhat Hanh

Thich Nhat Hanh looks deeply at mindfulness, presence, gratitude and other practices which are the jewels of Buddhism and Christianity. He believes that the enlightenment of the Buddha and the lovingkindness of Christ are kept alive when each of us dwells in the moment. *Living Buddha, Living Christ* builds bridges by celebrating the best within these two spiritual traditions. Thich Nhat Hanh reawakens an understanding of both religions and offers simple, yet meaningful ways to enhance our daily lives.