



the retreat

WOMEN
IN
RECOVERY

Wayzata
BOOK
GROUP

2nd
WED

The Retreat

1221 Wayzata Blvd E, Wayzata, MN 55391

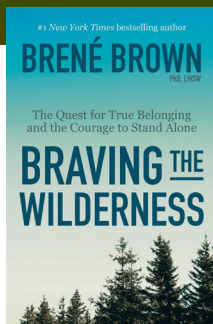
6:30pm - 8pm



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.

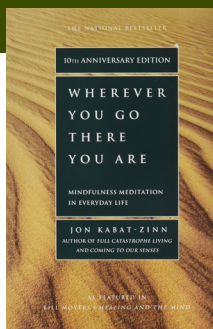
MAY 8, 2019



Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone by Brené Brown

True Belonging doesn't require us to *change* who we are - it requires us to *be* who we are. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary... It's a personal commitment that we carry in our hearts."

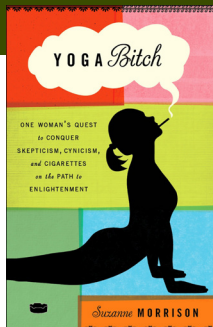
JUNE 12, 2019



Wherever You Go There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn

Meditation is important because it brings about a state of "mindfulness," a condition of "being" rather than "doing" during which you pay attention to the moment rather than the past, the future, or the multitudinous distractions of modern life. Kabat-Zinn maps out a simple path for cultivating mindfulness in one's own life. This book speaks both to those coming to meditation for the first time and to longtime practitioners, anyone who cares deeply about reclaiming the richness of her moments.

JULY 10, 2019



Yoga Bitch: One Woman's Quest to Conquer Skepticism, Cynicism and Cigarettes on the Path to Enlightenment by Suzanne Morrison

What happens when a coffee-drinking, cigarette-smoking, steak-eating 25 year-old atheist decides it is time to get in touch with her spiritual side? Not what you'd expect... *Yoga Bitch* chronicles Suzanne's hilarious adventures as an aspiring yogi who might be just a bit too skeptical to drink the Kool-Aid. But along the way, she discovers that no spiritual effort is wasted.