



WOMEN
IN
RECOVERY

Saint Paul
BOOK
GROUP

2nd
THURS

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

6:30pm - 8pm

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.

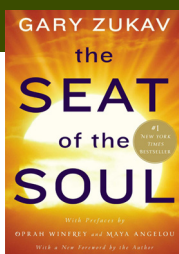
Please DO NOT park in the lot behind the building, as it is reserved for customers; ample street parking is available. Enter in the back and proceed up the stairs.

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.



@womeninrecoverymn

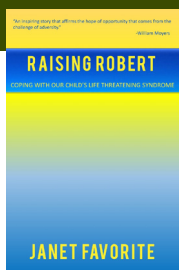
JANUARY 9, 2020



The Seat of the Soul
by Gary Zukav

This book will change the way you see the world, interact with other people, and understand your own actions and motivations. Zukav takes you on a penetrating exploration of the new phase humanity has entered. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose.

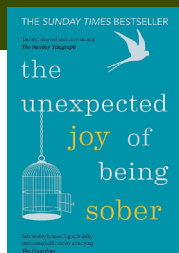
FEBRUARY 13, 2020



Raising Robert
by Janet Favorite

Raising Robert explores the emotional impacts that families experience when they parent a Special Needs child with Prader-Willi Syndrome. The book tells of how people with the syndrome are now living a fuller richer life when mental and physical needs are addressed. "An inspiring story that affirms the hope of opportunity that comes from the challenge of adversity." - William Moyers

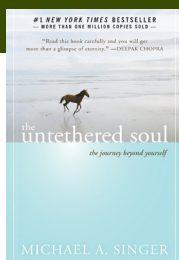
MARCH 12, 2020



The Unexpected Joy of Being Sober
by Catherine Grey

This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies.

APRIL 9, 2020



The Untethered Soul
by Michael Singer

What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? *The Untethered Soul* offers simple yet profound answers to these questions. Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you.

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

www.theretreat.org/women-in-recovery | WIR@theretreat.org |