



WOMEN  
IN  
RECOVERY

Wayzata  
BOOK  
GROUP

2nd  
WED

ZOOM

MEETING ID: 173471544  
Phone Call IN: 1-312-626-6799

6:30pm - 8pm



BOOK GROUP IS MEETING  
VIRTUALLY ON ZOOM!



Meeting URL: [zoom.us/j/173471544](https://zoom.us/j/173471544)  
Meeting ID: 173471544  
Meeting Password: 866738

Due to COVID-19, we are meeting virtually until further notice. Join us on Zoom to 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. on ZOOM.

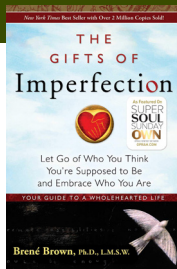
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

STAY CONNECTED!



@womeninrecoverymn

JANUARY 13, 2021

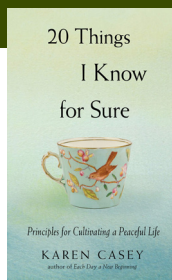


*The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*

by Brené Brown

Through this self-help classic we find courage to overcome paralyzing fear and self-consciousness, strengthening our connection to the world and helping us to believe we are worthy of self-discovery, personal growth, and boundless love. A motivational and inspiring guide to wholehearted living, with this groundbreaking work, Brown bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. Brown's "ten guideposts" are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.

FEBRUARY 10, 2021

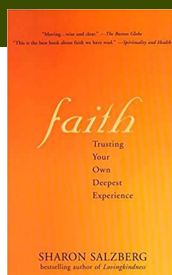


*20 Things I Know for Sure: Principles for Cultivating a Peaceful Life*

by Karen Casey

Casey shares the wisdom she has gathered over the course of her 40 years of membership in Alcoholics Anonymous in this perceptive exploration of how to create a happy and fulfilled life. Casey uses her life story and spiritual evolution to illustrate a path for finding happiness. She discusses the importance of valuing relationships and ways of "letting go and letting God," stressing throughout that readers should release the need to be right and embrace new perspectives. This wise offering follows in the footsteps of Each Day a New Beginning, Casey's 1982 classic of addiction literature.

MARCH 10, 2021



*Faith: Trusting Your Own Deepest Experience*

by Sharon Salzberg

In this beautifully written work, one of America's most beloved meditation teachers offers discerning wisdom on understanding faith as a healing quality. Through the teachings of Buddha and insight gained from her lifelong spiritual quest, Salzberg provides us with a road map for cultivating a feeling of peace that can be practiced by anyone of any tradition.

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

[www.theretreat.org/women-in-recovery](http://www.theretreat.org/women-in-recovery) | [WIR@theretreat.org](mailto:WIR@theretreat.org) |