



WOMEN  
IN  
RECOVERY

Saint Paul  
BOOK  
GROUP

2nd  
THURS

ZOOM

MEETING ID: 962869844

Phone Call IN: 1-312-626-6799

6:30pm - 8pm



BOOK GROUP IS MEETING  
VIRTUALLY ON ZOOM!



Meeting URL: [zoom.us/j/962869844](https://zoom.us/j/962869844)  
Meeting ID: 962869844  
Meeting Password: 089114

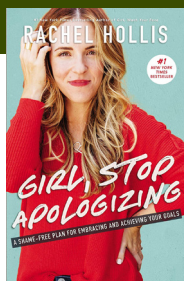
Due to COVID-19, we are meeting virtually until further notice. Join us on Zoom to meet other women in recovery in a friendly, low-key setting. We meet on the SECOND THURSDAY of each month from 6:30-8:00 p.m. on ZOOM.

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



AUGUST 13, 2020

*Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals*  
by Rachel Hollis

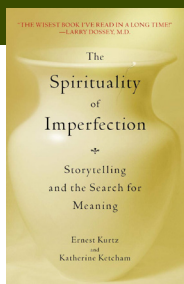
#1 New York Times bestselling author Rachel Hollis sounds a wake-up call. Many women have been taught to define themselves in light of other people—whether as wife, mother, daughter, or employee—instead of learning how to own who they are and what they want. With a challenge to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviors to adopt, and the skills to acquire on the path to growth, confidence, and believing in yourself.



SEPTEMBER 10, 2020

*Five True Things: A Little Guide to Embracing Life's Big Challenges*  
by David Richo

Bestselling author David Richo gets straight to the heart of how to find courage and contentment when life doesn't go according to plan. Rather than fighting against them, we all must accept these five true things: (1) everything changes and ends, (2) things do not always go according to plan, (3) life is not always fair, (4) pain is part of life, and (5) people are not loving and loyal all the time. Drawing on both psychology and spirituality, Richo offers time-tested insights on finding meaning and joy in life as it really is and relationships as they are.



OCTOBER 8, 2020

*The Spirituality of Imperfection: Storytelling and the Search for Meaning*  
by Ernest Kurtz, Katherine Ketcham

This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times. By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and self-awareness. Beyond theory and technique, inside this remarkable book you will find a new way of thinking, a way of living that enables a truly human existence.

[www.theretreat.org/women-in-recovery](http://www.theretreat.org/women-in-recovery)

| [WIR@theretreat.org](mailto:WIR@theretreat.org) |

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