



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

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.

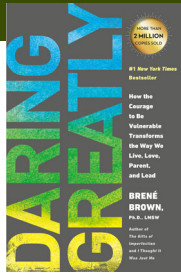
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.

STAY CONNECTED!



@womeninrecoverymn

AUGUST 12, 2020

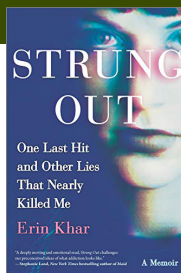


Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

by Brené Brown

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage. Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, and the birthplace of love, belonging, joy, empathy, innovation, and creativity.

SEPTEMBER 9, 2020

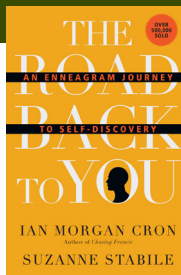


Strung Out: One Last Hit and Other Lies that Nearly Killed Me

by Erin Khar

This fiercely honest memoir explores how heroin shaped every aspect of Khar's life for 15 years and details the various lies she told about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. *Strung Out* is a life-affirming story of resilience and an investigation into the psychology of addiction and why people turn to opioids.

OCTOBER 14, 2020



The Road Back to You: An Enneagram Journey to Self-Discovery

by Ian Morgan Cron & Suzanne Stabile

Ignorance is bliss - except in self-awareness. Do you want help figuring out who you are and why you're stuck in the same ruts? The Enneagram is an ancient personality type system with an uncanny accuracy in describing how human beings are wired, both positively and negatively. This book is a practical, comprehensive way of accessing Enneagram wisdom and exploring its connections with Christian spirituality for a deeper knowledge of God and of ourselves.

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 | WIR@theretreat.org |