

## BOOK GROUP

SECOND THURSDAY OF THE MONTH  
6:30 - 8<sup>pm</sup> CT

### ON ZOOM

Meeting ID: 960 1987 0049

Password: 285289

Link: [zoom.us/j/96019870049](https://zoom.us/j/96019870049)

Phone-in: 312.626.6799

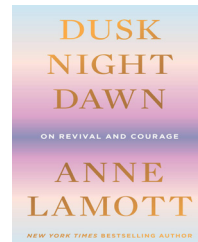
[www.theretreat.org/women-in-recovery](http://www.theretreat.org/women-in-recovery)

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

fb/insta: @WomenInRecoveryMN

### LEARN • GROW • CONNECT

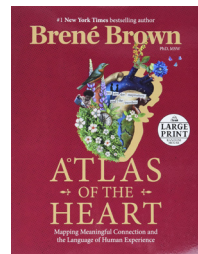
The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.



### DUSK, NIGHT, DAWN: ON REVIVAL AND COURAGE by Anne Lamott

JULY 14

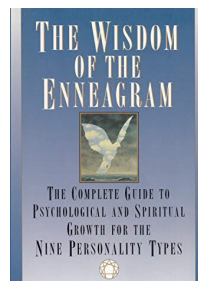
In *Dusk Night Dawn*, Lamott explores the tough questions that many of us grapple with. How can we recapture the confidence we once had as we stumble through the dark times that seem increasingly bleak? As bad news piles up, how can we cope? We begin by accepting our flaws and embracing our humanity. Drawing from her own experiences, Lamott shows us the intimate and human ways we can adopt to move through life's dark places and toward the light of hope that burns ahead for all of us.



### ATLAS OF THE HEART: MAPPING MEANINGFUL CONNECTION AND THE LANGUAGE OF HUMAN EXPERIENCE by Brené Brown

AUG 11

In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

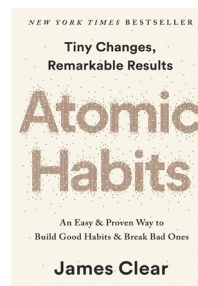


### THE WISDOM OF THE ENNEAGRAM by Don Richard Riso and Russ Hudson

SEPT 8

*Note: Our Sept. and Oct. speaker series will be on Enneagram. Join us at book group to lay the groundwork for our speaker. We will read the first 94 pages, and 2-3 chapters of the type you are.*

The ancient symbol of the Enneagram has become one of today's most popular systems for self-understanding, based on nine distinct personality types. Two of the world's foremost Enneagram authorities introduce a powerful new way to use the Enneagram as a tool for personal transformation and development. The Enneagram shows how you can overcome your inner barriers, realize your unique gifts and strengths, and discover your deepest direction in life.



### ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES by James Clear

OCT 13

No matter your goals, *Atomic Habits* offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course...and much more.