



WOMEN  
IN  
RECOVERY

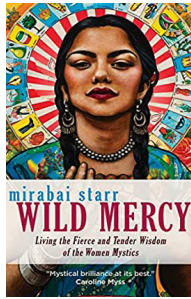
# BOOK GROUPS

SECOND THURSDAY OF THE MONTH  
6:30 - 8p.m. CDT ON ZOOM



## 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.

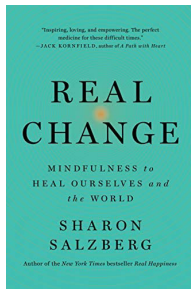


### WILD MERCY: LIVING THE FIERCE AND TENDER WISDOM OF THE WOMEN MYSTICS

by Mirabai Starr

With *Wild Mercy*, Starr shares the subversive wisdom and fierce compassion of the feminine mystic across cultural boundaries and throughout history. From saints and sages, to goddesses and archetypal energies, to contemporary teachers and seekers—you'll meet women who blazed a path that will illuminate your own.

JULY 8

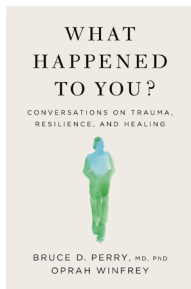


### REAL CHANGE: MINDFULNESS TO HEAL OURSELVES AND THE WORLD

by Sharon Salzberg

From a prominent figure in meditation comes a guidebook for how to use mindfulness to build our inner strength, find balance, and help create a better world. Salzberg, a leading expert in lovingkindness meditation, shares indispensable techniques to help free ourselves from negative feelings. Meditation is not a replacement for action, but rather a way to practice generosity with ourselves, break through boundaries, and have the energy to stay active.

AUG 12

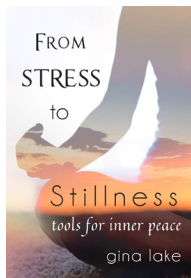


### WHAT HAPPENED TO YOU?

by Oprah Winfrey and Dr. Bruce Perry

Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking "What's wrong with you?" to "What happened to you?" Winfrey and Dr. Perry focus on understanding people, behavior, and ourselves. It's a subtle but profound shift in our approach to trauma, and it's one that allows us to understand our past in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.

SEPT 9



### FROM STRESS TO STILLNESS: TOOLS FOR INNER PEACE

by Gina Lake

Most stress is created by how we think about things. *From Stress to Stillness* will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, this book offers many practices and suggestions that will lead to greater peace and equanimity, even in a busy and stress-filled world.

OCT 14



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](https://fb.com/WomenInRecoveryMN)