



WOMEN  
IN  
RECOVERY

Saint Paul  
BOOK  
GROUP

2nd  
THURS

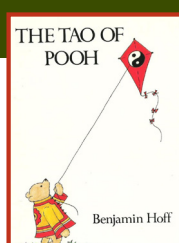
The Retreat St. Paul  
949 Grand Ave, St. Paul, MN 55105

6:30pm - 8pm

Come 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. at The Retreat St. Paul - located above Bubbly Paws on Grand Ave.

Please DO NOT park in the lot behind the building, as it is reserved for customers; ample street parking is available. Enter in the back and proceed up the stairs.

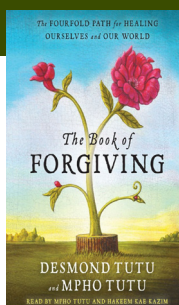
Join us as we connect with each other and engage in lively discussion around books of universal interest to women in all forms of recovery.



AUGUST 8, 2019

### *The Tao of Pooh* by Benjamin Hoff

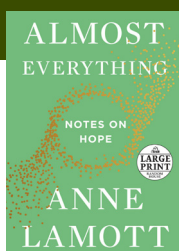
Winnie the Pooh has a certain way about him, a way of doing things which has made him the world's most beloved bear. Pooh's Way, as Hoff demonstrates, seems strangely close to the ancient Chinese principles of Taoism. *The Tao of Pooh* explains Taoism by Winnie the Pooh and vice-versa. Hoff discusses what A.A. Milne probably meant when he said he didn't write the Pooh-books for children in the first place.



SEPTEMBER 12, 2019

### *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* by Desmond Tutu and Mpho Tutu

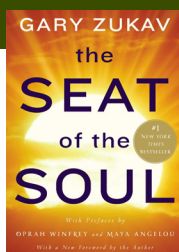
Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness; and renewing or releasing the relationship. It is only through walking this fourfold path that Tutu says we can free ourselves of the endless and unyielding cycle of pain and retribution.



OCTOBER 10, 2019

### *Almost Everything: Notes on Hope* by Anne Lamott

In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward.



JANUARY 9, 2020

### *The Seat of the Soul* by Gary Zukav

This book will change the way you see the world, interact with other people, and understand your own actions and motivations. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose.