



the retreat

WOMEN
IN
RECOVERY

Wayzata
BOOK
GROUP

2nd
WED

The Retreat

1221 Wayzata Blvd E, Wayzata, MN 55391

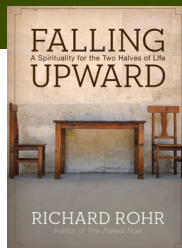
6:30pm - 8pm

Come 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. in the AV Room (ask at the desk if you need directions).

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.



@womeninrecoverymn

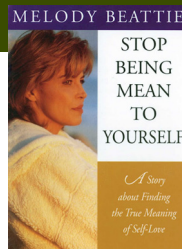


JANUARY 8, 2020

Falling Upward: Spirituality for the Two Halves of Life

by Richard Rohr

Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right.



FEBRUARY 12, 2020

Stop Being Mean to Yourself

by Melody Beattie

Stop being Mean to Yourself is a compassionate guide filled with new ideas for overcoming the pitfalls of guilt and self-doubt and helps readers find a happier place in the world. A tale that is modern and timeless, rich with the promise of personal discovery, this teaches the art of living and of loving others -- and ourselves.

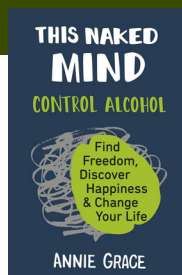


MARCH 11, 2020

Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

by Holly Whitaker

We live in a world obsessed with drinking. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in society and in the lives of women in particular.



APRIL 8, 2020

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness and Change your Life

by Annie Grace

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol. This book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism keeps people from getting the help they need.

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