



Learn  
Grow  
Connect

6:30 -  
8:00pm

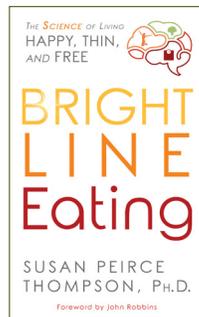
2nd  
THURSDAYS

# ST. PAUL BOOK GROUP

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.

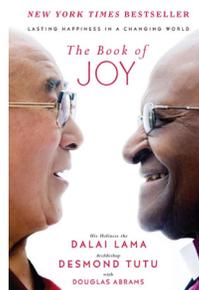


November 8, 2018

## **Bright Line Eating: The Science of Living Happy, Thin & Free**

by Susan Peirce Thompson, Ph.D.

Rooted in cutting-edge neuroscience, psychology, and biology, *Bright Line Eating* explains why people who are desperate to lose weight fail again and again: It's because the brain blocks weight loss. *Bright Line Eating* (BLE) is a simple approach designed to reverse that process. By working with four "Bright Lines" -- clear, unambiguous, boundaries -- Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals.



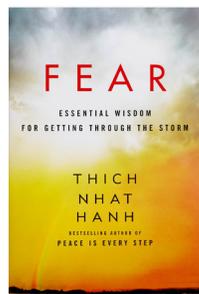
December 13, 2018

## **The Book of Joy: Lasting Happiness in a Changing World**

by Dalai Lama, Desmond Tutu and Douglas Carlton Abrams

*Two spiritual giants. Five days. One timeless question.*

How do we find joy in the face of life's inevitable suffering? This book offers us a rare opportunity to experience Archbishop Tutu and the Dalai Lama's astonishing and unprecedented week together in India, from the first embrace to the final good-bye. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.



January 10, 2019

## **Fear: Essential Wisdom for Getting Through the Storm**

by Thich Nhat Hanh

Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world, Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. In this book, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives.

*The mission of Women in Recovery is to create a caring community that provides education, spiritual insight, and growth opportunities for women in all 12 Step recovery programs.*