



WOMEN  
IN  
RECOVERY

Saint Paul  
BOOK  
GROUP

2nd  
THURS

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

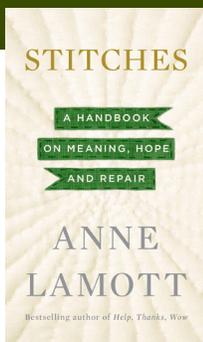
6:30pm - 8pm

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.

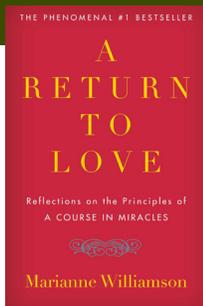
MAY 9, 2019



*Stitches: A Handbook on Meaning, Hope and Repair*  
by Anne Lamott

What do we do when life lurches out of balance? How can we reconnect to one other and to what's sustaining, when evil and catastrophe seem inescapable? These questions lie at the heart of *Stitches*. In this book Lamott explores how we find meaning and peace in these loud and frantic times; where we start again after personal and public devastation; how we recapture wholeness after loss; and how we locate our true identities in this frazzled age. We begin, Lamott says, by collecting the ripped shreds of our emotional and spiritual fabric and sewing them back together, one stitch at a time. It's in these stitches that the quilt of life begins, and embedded in them are strength, warmth, humor, and humanity.

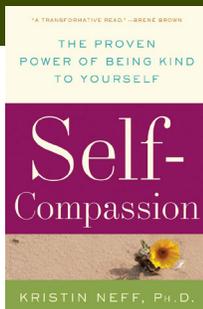
JUNE 13, 2019



*A Return to Love: Reflections on the Principles of a Course in Miracles*  
by Marianne Williamson

Marianne Williamson has studied and taught the principles in *A Course in Miracles* for more than 30 years. In her classic book, *A Return to Love*, Williamson shares her reflections on the course and her insights on the application of love in the search for inner peace. Williamson reveals how we each can become a miracle worker by accepting God and by the expression of love in our daily lives. Whether psychic pain is in the area of relationships, career, or health, she shows us how love is a potent force, the key to inner peace, and how by practicing love we can make our own lives more fulfilling while creating a more peaceful and loving world for our children.

JULY 11, 2019



*Self-Compassion: The Proven Power of Being Kind to Yourself*  
by Dr. Kristin Neff

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." This groundbreaking book shows readers how to let go of their constant, debilitating self-judgment and finally learn to be kind to themselves. Using solid empirical research, personal stories, humor, and dozens of practical exercises, Dr. Neff—the world's leading experts on self-compassion—shows readers how to heal the wounds of the past so that they can be healthier, happier and more effective.