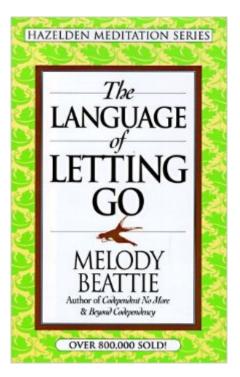
The book was found

The Language Of Letting Go (Hazelden Meditation Series)





Synopsis

Focusing on self-esteem and acceptance, and written in the direct unsentimental style of Beattie's bestsellers, these daily meditations give voice to the thoughts and feelings common to men and women in recovery. They encourage reflecton on problem-solving, self-awareness, sexuality, intimacy, attachment, acceptance, relationships, and more.

Book Information

Series: Hazelden Meditation Series Hardcover: 393 pages Publisher: MJF Books (February 1998) Language: English ISBN-10: 1567312381 ISBN-13: 978-1567312386 Product Dimensions: 8.5 x 5.7 x 1.1 inches Shipping Weight: 1.2 pounds Average Customer Review: 4.8 out of 5 stars Â See all reviews (1,054 customer reviews) Best Sellers Rank: #50,987 in Books (See Top 100 in Books) #70 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #88 in Books > Health, Fitness & Dieting > Mental Health > Codependency #104 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

I bought "The Language of Letting Go" when facing major loss, thinking it was a book about handling grief. It was one of the best mistakes I ever made. I am more grateful for this single volume than for my entire library of 3,000 other books, and daily experience more benefit.Melody Beattie's book of meditations is a guidebook for life. It's about holding on to what is meaningful, and letting go of that which can only continue to hurt us. The meditations, one for each day of the year, seem to be divinely inspired.No matter what pain you feel, these meditations are a healing balm for a wounded heart. Melody Beattie's clear and simple writing addresses the difficulties of living, loving, caring, surviving, being gentle with one's self, making mistakes, learning to detach with love, and finding balance.During a year in which I experienced major loss, and mounting stress, caring for several family members with major illness, and coping with my own, "The Language of Letting Go" was my lifeline. This book helped me regain a sense of perspective. In times of great despair, it has been a lifeline.Imagine reading one book for five minutes each morning or night, and literally having it change your life for the better. This is that book. "Language of Letting Go" is clearly written,

accessible, and direct. I recommend it to anyone experiencing pain, confusion, despair, depression, loss, anger, frustration, and grief. It will help you find your way. A personal aside to anyone put off by use of the word "God" in books about recovery. For many of us, the word "God" was used to shame us as children, when hearing it or seeing it, we still cringe.

Download to continue reading...

The Language of Letting Go (Hazelden Meditation Series) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Answers in the Heart: Daily Meditations For Men And Women Recovering From Sex Addiction (Hazelden Meditation Series) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Letting Go of the Past: Hypnosis to Heal Your Life, Let Go of the Past and Move On via Relaxing Rain Hypnosis and Meditation BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Language Of Letting Go Boundaries for Codependents: Hazelden Classics for Families Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Each Day a New Beginning: Daily Meditations for Women (Hazelden Meditations) Understanding the Causes of a Negative Body Image (Hazelden/Rosen Teen Eating Disorder Prevention Books) A Day at a Time: Daily Reflections for Recovering People (Hazelden Meditations) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief The Meditation Doctor: A Practical Approach to Healing Common Ailments Through Meditation Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth

(Spirituality Journey, Book 2)

<u>Dmca</u>