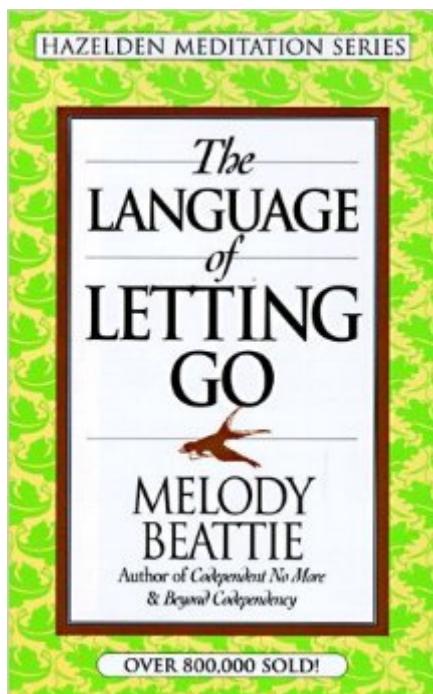


The book was found

# 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

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Product Dimensions: 8.5 x 5.7 x 1.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (1,054 customer reviews)

Best Sellers Rank: #50,987 in Books (See Top 100 in Books) #70 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #88 inÂ  Books > Health, Fitness & Dieting > Mental Health > Codependency #104 inÂ  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.

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(Spirituality Journey, Book 2)

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