



More Language of Letting Go: 366 New Daily Meditations (Hazelden Meditation Series)

Melody Beattie

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This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues. An excellent enhancement to therapy, daily thoughts provide clients with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. This book shares unsentimental, direct help for clients recovering from chemical dependency, healing from relationships and family issues, and exploring personal growth. Click here to read a one-to-one conversation with the beloved author of Codependent No More, The Language of Letting Go book and journal, Playing It by Heart, and 52 Weeks of Conscious Contact.

More Language of Letting Go: 366 New Daily Meditations (Hazelden Meditation Series) Details

Date : Published August 21st 2009 by Hazelden (first published 2000)

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Author : Melody Beattie

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Genre : Self Help, Nonfiction, Spirituality, Reference, Psychology, Counselling, Inspirational

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From Reader Review More Language of Letting Go: 366 New Daily Meditations (Hazelden Meditation Series) for online ebook

Nancy says

Not usually my thing, but I find these daily readings a comfort.

Libby Rouleau says

This daily meditation book is a must read for everyone, co-dependent or not! Every page offers healthy insight and a positive guide to manage emotions that every human being has felt and has not known how to process. I want to give this to all of my family and friends!

David Williams says

don't know

Jo-jo says

Brilliant daily readings for healing, contains activities, prayers & affirmations to help us evolve and let go of things that no longer serve us. I love these books.

Julie says

A daily tip and reminder on how to set healthy boundaries. Short and practical.

Kate says

My favorite meditation book...it has something for everyone! It is the sequel to the original, Language of Letting Go, hence the "More", and for it just touched a deeper soul nerve as I have used it throughout the years.

It is based on the premise of "letting go", but gives you much more than what you release. Here is an excerpt from Page 4 (January 2nd):

The universe will help us, but we need to do our part. Here's an acronym, My Part, to help you remember to do that.

Manifest
Your
Power
Accept
Relax
Trust

Too often we tell ourselves the only way to get from point A to B-or Z-is tense up, to obsess a little (or a lot), and to live in fear and anxiety until we get what we want.

That isn't the path to success. That's the path to fear and anxiety.

Accept. Relax. Breathe. Let go. Trust yourself, God, the universe to manifest the best possible destiny when the time is right for you.

God, help me make the journey from fear and control to letting go and stepping into my true power.

Babs says

For me, the first book written in 1990 was more meaningful.

Christy Haupt says

Have gone through two sets of these books as I use one daily at work and one at home. They are daily short readings on rebuilding your life from the inside. Really good for survivors of trauma such as from living with a narcissist. Every emotion is covered in a slow, gentle way because she knows what is needed to take just one little step forward. She's been there; done that.

Karyn Wynne says

a good book to read daily- or monthly. Especially good for those experiencing grief and/or in recovery. I liked it. And shared it often.

Susan says

Excellent, just like the first one. A great way to start my day--Melodie Beattie, a cup of coffee...love it.

Dennis says

Second go around of this classic...I continue to get a lot out of her writings.

Lorrie says

Very inspiratrional ... Starting over again. Each day has such inspirations for self help. Definitely worth repeating. A new year, new days ahead.

Ceanne says

I have read a few of Melody Beattie's books and this one is again a very good one for those who are on a path of self discovery and spiritually conscious contact. I have not read the entire book as it's a year long "pilgrimage" but I've added it to my libary and will do the activities inside and follow along on the correct "day" that corresponds to "today".

Becky says

I love her works so much! Very refreshing.

Marilyn Diamond says

This book is part of my personal library and I read it with my other devotions every morning to jump start my day and reflect.
