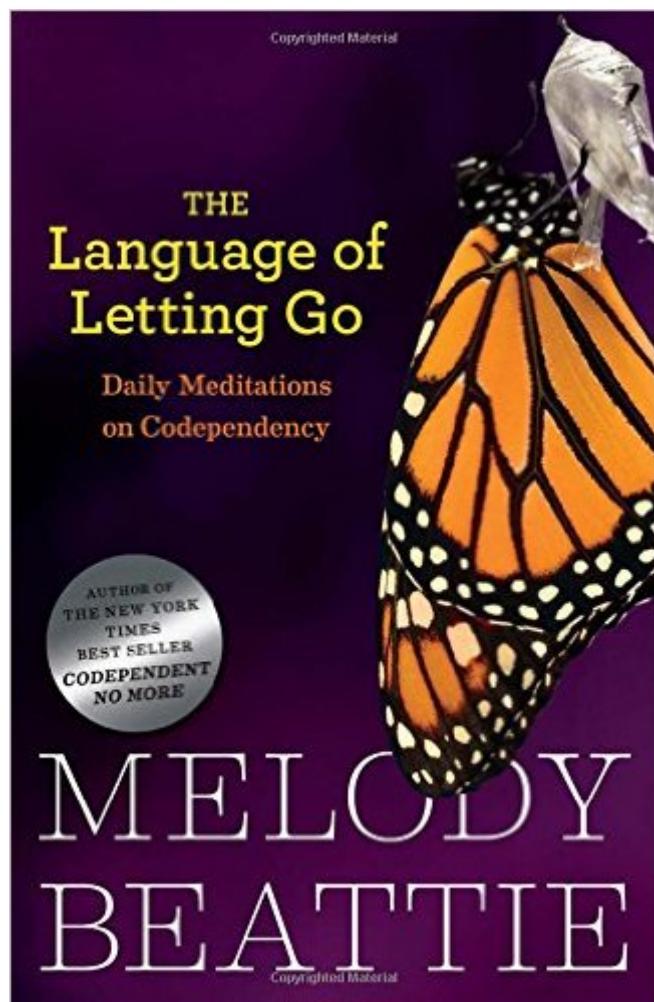


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# The Language Of Letting Go: Daily Meditations For Codependents (Hazelden Meditation Series)



## **Synopsis**

Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

## **Book Information**

Series: Hazelden Meditation Series

Paperback: 393 pages

Publisher: Hazelden; 1st edition (July 1, 1990)

Language: English

ISBN-10: 0894866370

ISBN-13: 978-0894866371

Product Dimensions: 0.8 x 5 x 7.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (1,050 customer reviews)

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## **Customer Reviews**

I had been thinking about buying a book on this topic for some time to further my self improvement process. This book is about so much more than letting go. It is also about personal power. When you let go of something, it loses its power to control you, and you move forward with your life in a more empowering way. This book is set up with daily meditations on different issues. If you were to open any page at random, you would probably find something very useful. It is easily read, and as you read can feel the shift in your perception, as these simple to follow principles make a lot of sense. If you are like most people, there are plenty of things you need to let go of, and you probably have no idea what some of these are. The first step is to identify that a change needs to be made. Here are many ideas you can use to improve your life. There are too many for me to list in a review, but here are a few biggies: Attachment, guilt, blame, seeking approval, codependency, fear, doubt, controlling,

family issues, perfection, martyrdom, denial, grief, anger, victimhood. You replace these non serving beliefs with something more empowering, as you start to practice detachment, self approval, develop an abundance mentality, an attitude of gratitude etc. There is a principle in psychology that if you do what you have always done, you will get what you have always gotten. So, let go and move forward. Imagine how pleased you will be when you have made a lasting change in your life. All lasting changes in your outer reality are accompanied by changes in internal perception. I highly recommend this book.

I'll admit it -- I read this book through a crisis and a time of life that saw transitions everywhere. And while I'm still reeling from pain, and disbelief of the events that have happened to me in the past few years, I am already so much better from reading this book. When I find myself tempted by defeating behaviors, reading one passage reminds me why I don't want to continue down that road any longer. The funny thing is, I never saw myself as a codependent or as an addictive person. It doesn't matter what type of turmoil you're going through -- this book WILL remind you of a better way of life. It truly is a lifeline. I keep a copy at work and am discovering I'll need one at home to. If you struggle with any type of negativity, this book can help remind you that it's really going to be okay.

If I could only have one book throughout my life, this would be the book I would choose because it has made me feel so good! I was given this daily meditation book by a friend in 1992 and it is the first book I have ever read EVERY day! No book has ever made me feel so good about being me. The short, daily meditations lift my spirits and let my heart soar. They have let me enjoy being just who I am and loving it. Most of us deny our true feelings and suppress who we really are. This delightfully written book reassures us that our feelings were designed by God and are o.k. to feel. When God gives us a feeling, it is his way of preparing us to have that need met. This book helps your spirit soar and helps you become the person God intended you to be. I give this book as graduation, birthday, and anniversary gifts to those special people I love. I am now ordering another copy for me, too, as I have worn mine out from reading a short meditation every day that always makes me feel better! The author may not be an angel, but she definitely has connections that will touch your heart and soul!

I found this book not long after joining Al-Anon and establishing a daily devotional time. I was stuck in a long term emotionally abusive relationship and attempting to escape it. The Language of Letting Go showed me I deserved to be happy. It gave me so much hope for a better future. I still read it

daily, its my bible. Thanks Melodie, this book helped me create a life!

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. A fixed belief in the limited view of God we received in childhood is not necessary to understand and benefit from the meditations. I use a phrase that has meaning and relevance for me: wherever a book says "God", I use "The Assembly of Higher Powers as I Understand Them". "Language of Letting Go" is appropriate reading for anyone desiring greater clarity of thought. I suggest that you will rediscover yourself within its covers, being loved, and recovering long-lost hope. This book can help you find peace of mind, and restore your courage to face each new day.

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