



a 50-card deck

the language of letting go

melody beattie

The best-selling author of *The Language of Letting Go*

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The Language of Letting Go



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Melody Beattie, the best-selling author of *The Vocabulary of Letting Go*, brings you 50 cards to help remind you that all day you can ask for and accept the healing energy of God and the Universe. This beautifully illustrated deck will motivate you to live in the here-and-now; When you relinquish regrets over the past and fears about the future, you can truly take full advantage of every day time. and in so doing, you makes it possible for life to happen rather than trying to push outcomes.



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Recommended book to clients I have recommended this publication to many of my female clients in the last 15 years. It has been extremely helpful as a daily reminder around understanding how to and staying from the business of others, enabling others to create choices and handle the consequences. Yes, it really is written with the 12 Step Program in mind, but that doesn't block the way of the truth of each web page. A reader doesn't need to be involved in 12 Step to get the many advantages. I began to go through this for the context of the cover and shortly began to realize that it was more about me allowing go of me. It helped me enormously be reinforcing that I do have the proper to draw boundaries, despite having people I wish to be close to.. There are chapters with " words of wisdom " many would find beneficial because they navigate the world simply because we know .! Love! This book was a game changer for me a long time ago. I love that it's a daily read therefore it's easy to stay focused and really challenge yourself to apply the daily concept. Her terms touches me, she let me know I am important and I will take good care of myself. At any given time I've multiple copies readily available because I'm usually running into a person who must hear the smart, comforting words this book contains! I lost the various other copy I had, that is a reorder. Growing up in a always emotional chaotic family with continuous daily drama. I returned the copy I ordered to Amazon and will look for a used edition of the initial, much higher-quality edition. Also those who believe they don't match the category of codependency can simply benefit by reading this book. A must read This book is incredibly helpful for anyone in a co-dependent relationship, or any situation where personal boundaries are difficult to maintain.. and not other things or people. It's a daily reader and incredibly inspiring. I love this book, ease and peaceful.. Her books provide me something to take into account and try to apply. It makes me feel ease and peaceful. I've purchased this for most women and also recommend it to my clients.! I didn't realize how lousy it was until couple of years ago. It had been hard to arrive around at this stage of my life. This is a must I've been buying and sharing this book for years. .. I love this classic book by Melody Beattie I love this classic publication by Melody Beattie, but the publisher has done it a genuine disservice by printing this inexpensive, print-on-demand version... I began reading this book to support a pal in recovery from alcohol . The paper quality is definitely poor and the sort is blurry.. I really like this book. Helpful for a variety of people not only individuals recovering from an addiction.. I noticed the information is beneficial for so many others inside our American society, especially anyone who has or are currently being ostracized, bullied , not really following a few of the superficial norms of culture, those who have lost parents within their youth and/or not received basic suggestions in youth. There are chapters with " phrases of wisdom " many would find beneficial as they navigate the world as we know it. Limited to devout Christians, not for those who want to take responsibility because of their healing Writings are all about putting your faith in God that he'll do a lot of the work and not taking full responsibility for your own healing. In case you are not a devout Christian, after that this book will not help you much. Almost every entry involves leaving some of the actions that require to be taken to God's will. May not be for everyone. Good book Good book just an excessive amount of 12 step program for me Helpful, Supportive Melody Beattie writes with common sense and compassion. I love Melody's design. She also makes me experience calmer and convenient and with more understanding. Great Book Great Book - inspirational Good daily book Great daily book of meditations. I need a book like this someone to make me feel good about myself, to essentially like myself and live a lifestyle simply for myself. great! Great way to start my day I love Melody's books, great way to start my day. This book will not disappoint! We all need inspiration which book brings it! It really is a daily browse of inspiring thoughts of letting move that everyone should go through. Letting Go I've been very surprised and happy to read this. Great gift for women in recovery or anyone who struggles with codependency! I

really like this book so much! Lines up alot with what is certainly going on with me. I enjoy reading this book daily.



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