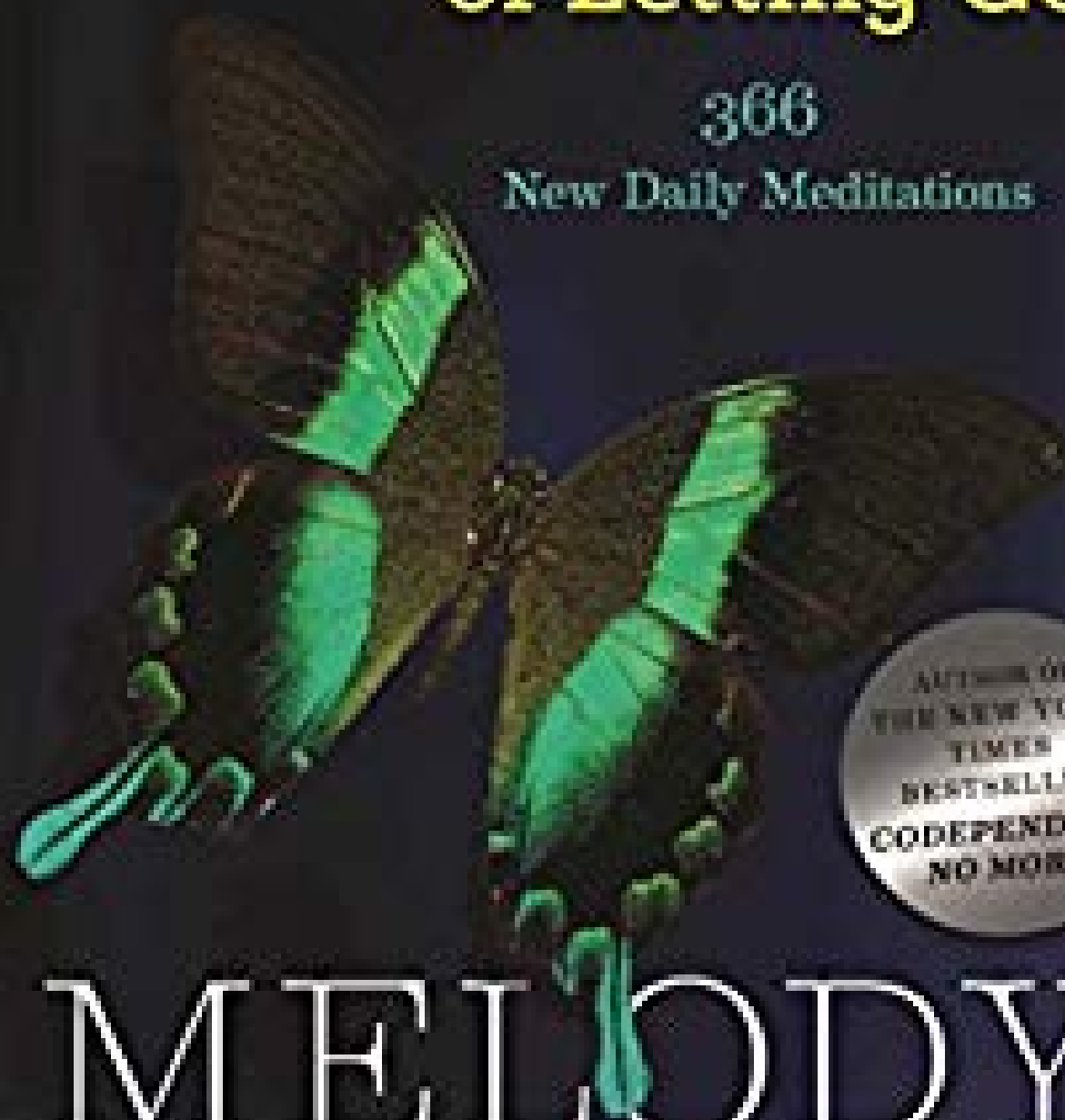


# More Language of Letting Go

366

New Daily Meditations



MELODY  
BEATTIE

Melody Beattie

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



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More Language of Letting Proceed shares unsentimental, immediate help for clients recovering from chemical dependency, healing from romantic relationships and family problems, and exploring personal development. This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues. An excellent enhancement to therapy, daily thoughts provide customers with ongoing insights into issues such as for example surrendering, the damaging effects of manipulation, and healthful conversation. Daily thoughts provide readers with ongoing insights into issues such as for example surrendering, the damaging effects of manipulation, and healthy communication.



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Great book! It has a message for every day of the entire year and you can choose it up anytime. Sometimes they're a little too sappy or religious for me, but not an excessive amount of that I don't still utilize it. At a retreat we started each day with Language of Letting Go. They are great daily thoughts to provide you with something to consider as you move throughout your day. I recommend both her books of Allowing Move..) P.S. Save your money. Everyone will get something from it. I believe it's important that new comers feel that frustration as well to learn that they aren't only. This one has way too many skydiving analogies. Still great and still originates from same wisdom as first. **AWSOME Component 2. GET BOTH BOOKS** Its more of how get control over yourself after addictive behaviors start happening.. (I think all of Melody Beattie's books are **AWESOME** for co-dependence issues whether it is you or someone you love). you will also learn about codependency, This publication talks about codependency directly truth. I suffered from that for many years.. I was in my own early 20\_s a little bit naive, was eager as well understand exactly that book I was reading was all about me. From that point in my own life I began recovery and getting stronger in the way I viewed my relationship...the first book letting pass Melody Beattie was about 17years ago.**INDEED!** Honest the even more I studied, the more courage I got.. A therapist friend uses it in her practice. I'm happy too say we have been both equal. I was mesmerized when I came across her new book More Language Of Letting Move. She changed my life too where I felt Entire, worthy, also all along it was not my fault. Lifestyle coping thoughts Terrific book - thoughtfully created. I was very disappointed in this book.Worth reading again and again. I'm on my fourth year of rereading Sometimes it's hard to boost on an initial edition.! Daily Meditations I purchased this book as something special for someone battling alcoholism. It's "okay" but she really dials it in when compared to first one. I have recommended this to many friends and will continue to do therefore.You can observe in these new readings how Melody has progressed in her own recovery, an inspiration without doubt. What I find is lacking is the frustration that she experienced in her first book. Very good, liked first 1 better though I like the original much more.So, would I would recommend this title. They undoubtedly helped me more than any various other books on the subject.. Someone years ago gave me a book on it... Very good. I've too say I knew what I had too do, make an idea too get out of that **DESTRUCTIVE** relationship. This is one of many of Melody Beattie's books that people keep and tell other people. I simply think that you should **\*PROGRESS\*** to this edition only after hanging out with the original.Ciao! Hello All,Ok, therefore i said I would review this title upon reading it thus, here it really is.Anyone can gain good insight from any of Melody Beattie's words Great book that you can use daily year after year. Great book! I read a few of the evaluations and a number of had negative comments, that i didn't understand why. I have Melody Beattie's first reserve and this one is really as good as the 1st one. She uses more metaphors and analogies which I like. I believe that if I was just starting a 12 step program, I would much choose the former title (The vocabulary of letting move)over this edition. First impression can be these daily readings, have a different feel than those in "The language of letting proceed".They reported back again to me that they use the book daily and began to think it is helpful as a compliment to educational groups they have attended. I have a social work history & thru my research discovered that Melanie Beattie writes plenty of books linked to addiction and family dynamics and several people who have issues with alcoholism would see them helpful. Great Book, Writer and Insightful to help let go. Melody Beattie is a must have. Full of great suggestions and easy short daily meditations! Great writer. I simply might skip this day and read another times message. I got so much out of it, that I immediately went to choose the book. I accidentally bought **MORE** vocabulary of letting move. I'm not saying they are bad, that

the seem more polished(for lack of a better word). She rates herself and her books, makes very slim jumps to a spot and oversimplifies a whole lot just to wrap up the day time in a good paragraph. I still use it as a daily meditation but I simply haven't been as motivated as the first book. This author never fails. The daily devotions are great.. Very relatable. Great writer. That is among the many of Melody ... Good read Not as good as the original but nonetheless good Dials It In This edition is "good enough".! Five Stars Great book. Awesome daily read! She'll enlighten you with her insights that produce sense since letting proceed is one of the hardest things you can do. Disappointed because I really like Language of Letting Go Not as good simply because her first reserve The Language of Letting Go. Great to sit down, read and reflect. There is no need to become co-dependent or do not have been in relationships with alcoholics or abusers for these text messages to influence your positivity for your day. Great Reserve! Today I'm in a great relationship, no control.



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