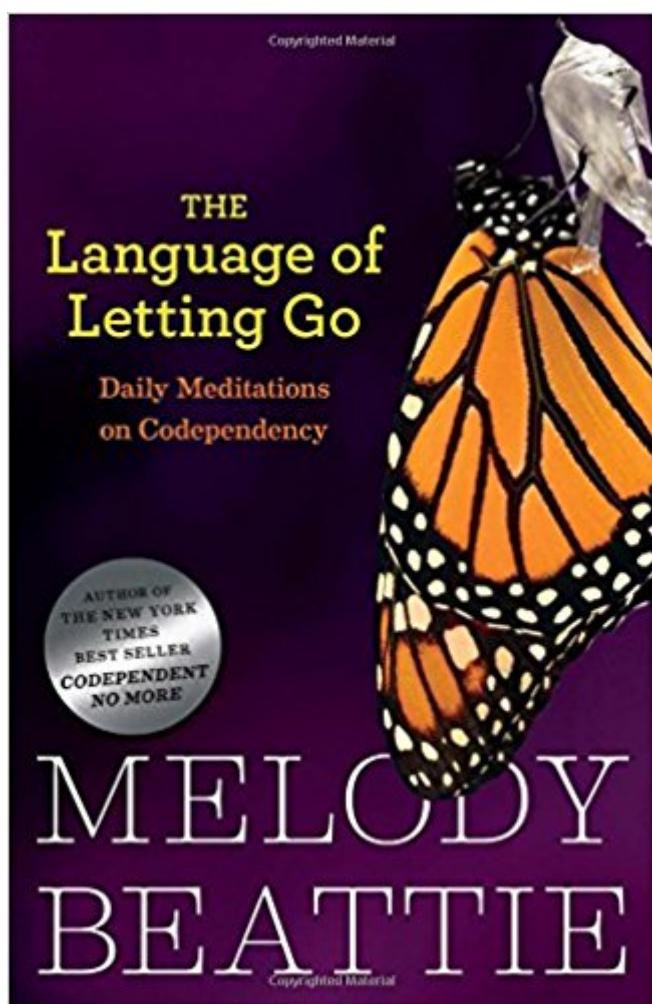


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# The Language Of Letting Go: Daily Meditations For Codependents (Hazelden Meditation Series)



## **Synopsis**

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. 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

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Language: English

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Average Customer Review: 4.8 out of 5 stars 1,256 customer reviews

Best Sellers Rank: #895 in Books (See Top 100 in Books) #1 in Books > Religion & Spirituality > Worship & Devotion > Devotionals #2 in Books > Health, Fitness & Dieting > Mental Health > Codependency #2 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism

## **Customer Reviews**

"Beattie understands being overboard, which helps her to throw best-selling lines to those still adrift." -- Time "Melody Beattie gives you the tools to discover the magnificence and splendor of your being." -- Deepak Chopra, MD. --This text refers to the Audio Cassette edition.

The Language of Letting Go Melody Beattie, the bestselling author of *Codependent No More* and *Beyond Codependency*, has now created Hazelden's first meditation book for codependents. Here are reflections that nurture spiritual and emotional health, serenity, and recovery. 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 fruitful reflection on problem-solving, self-awareness, sexuality, intimacy, detachment, attachment, acceptance, feelings, relationships, spirituality, and more. Offering hope and inspiration, tempered with the clear-eyed perspective of one who has been there and back, the author empowers readers to affirm who they are--their beliefs, thoughts, instincts, feelings--and, ultimately, their ability to change. These meditations are tools designed to help recovering codependents realize the goal Beattie defines as "stopping the pain and gaining control of your life"

--This text refers to the Audio Cassette edition.

Everyday guidance is brilliant.... I open this up and maybe have been struggling with sadness... Nasty friends... Fear... Or been feeling powerful and like magic the info in the daily read addresses my issues and I feel so supported!!!! I also have melody's meditations letting go on cdListen to allll the time.. I.e. Holding me as a baby, my feminine and masculine gifts, myPath and journey over mountains and being at crossroads.. And more... Beautiful!! She had supported me and changed my life!!! A gift from the universe for sure!!!

This book is extremely helpful for anyone in a co-dependent relationship, or any situation where personal boundaries are difficult to maintain. It helped me enormously be reinforcing that I do have the right to draw boundaries, even with people I want to be close to.

This book was gifted to me many years ago and I've used it on a regular basis. Because it helped me so much I bought it for all of my friends last Christmas. It's a real blessing and filled with a lot of Truth and Direction and peace

**THIS BOOK HELP ME DURING MY LIFE SO I AM SHARING IT WITH A FRIEND THAT NEED THIS NOW.**

I absolutely love this book. I have given a copy to several people and they agree with me it helps them daily to see where they are being codependent. Also gives strength and insight into their behavior and how to act differently. It is a must for any codependent.

I've had this book for over 20 years! Mine is ragged from use but I won't part with! I purchased this one for a very dear friend. I enjoy Beattie's books!

I look forward to reading my devotions from this book daily. Melody Beattie's books have been life-changing. By far the best self help books I have read yet!

A very content-rich book of daily meditations for anyone who is a codependent or who has codependent leanings. This is a book that I keep on my bedside table and read the daily meditation before falling asleep at night. It's a great way to end the day on a positive note since the writings are self-affirming and positive. If you have read any of Melody Beattie's books on co-dependency and are familiar with the topic, I think you would enjoy having this around as a short, simple way to live the concepts on a daily basis. Very much geared toward the philosophy of 12-step programs and actually incorporates the steps and the concept of a higher-power into the readings.

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