

Letting Go

The New York Times and USA Today bestselling New Adult author returns with a sizzling novel of love, loss, guilt, and forgiveness. Ben and Grey fell in love at thirteen and believed they'd be together forever. But three days before their wedding, the twenty-year-old Grey suddenly died from an unknown heart condition, destroying his would-be-bride's world. If it hadn't been for their best friend Jagger, Grey never would have made it through those last two years to graduation. He's the only one who understands her pain, the only one who knows what it's like to force yourself to keep moving when your dreams are shattered. Jagger swears he'll always be there for her, the only one who has ever been able to hold on to her. He's not the kind of guy to settle down. It's true that no one has ever been able to hold on to Jagger—because he's only ever belonged to Grey. While everyone else worries over Grey's fragility, he's the only one who sees her strength. Yet as much as he wants Grey, he knows her heart will always be with Ben. Still they can't deny the heat that is growing between them, a passion that soon becomes too hot to handle. But admitting their feelings for each other means they've got to face the past together: what Ben would have wanted . . . or a betrayal of his memory that will eventually destroy them both?

Daily thoughts provide readers with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. 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. More Language of Letting Go shares unsentimental, direct help for clients recovering from chemical dependency, healing from relationships and family issues, and exploring personal growth.

The third edition of this classic 12-lesson treatise on letting go of limiting thoughts features a new Introduction by the author and a Foreword by musician Carlos Santana.

"When the truth about her past is disclosed...the effect works like gangbusters." -New York Times Book Review A girl's letters to her friend reveal two lives derailed by anorexia in this haunting debut that's Laurie Halse Anderson's *Wintergirls* meets *The Sixth Year Class*. Zoe knows she doesn't belong in a hospital—so why is she in one? Twin Birch isn't just any hospital. It's a strange mansion populated by an unnerving staff and glassy-eyed patients. It's a place for girls with serious problems; skinny, spindly girls with eating disorders and a penchant for harming themselves. Zoe isn't like them. And she can't figure out why she was sent here. Writing letters to her best friend Elise keep her sane, grounded in the memories of her past—but mired in them, too. Elise never writes back. Zoe is lost without her, how to navigate tenuous new friendships and bizarre rules without Elise by her side. But as her letters intertwine with journal entries chronicling her mysterious life at Twin Birch, another narrative unfolds. The hidden story of a complicated friendship; of the choices we make, the truths we tell others, and the lies we tell ourselves. The story of a friendship that has the potential to both save—and destroy—beyond repair. And Zoe finds she must confront the truth about her past once and for all, before she can finally let go. Nora Roberts' young adult book is a heart-wrenching meditation on the bonds of friendship with a gripping psychological twist.

Concentrating on self-esteem and acceptance, this book offers meditations for men and women recovering from codependency.

them in their attempt to gain control of their lives

"Detachment" has been the standard message of most addiction literature for the last twenty years. The conventional wisdom addict's loved ones has been to let the addict "hit bottom" before intervening. Now intervention specialist Debra Jay challenges and offers a bold new approach to treating addiction that provides a practical and spiritual lifeline to families struggling with drug abuse. In *No More Letting Go*, Jay argues that the traditional advice of "letting go" too often destroys both the addict and family physically, emotionally, and spiritually. Jay contends that addiction is everybody's business--not just the addict's--and addiction have the right to trump the welfare of a family. In short, highly accessible chapters written with warmth, understanding, and insight, Jay weaves together philosophical and religious thought; new science on the brain function of an addict; the physical and psychological impact of addiction on family members; and poignant, real-life family stories. *No More Letting Go* is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction.

Newly discharged from the Korean War, Gabe Wallach struggles to live seriously and act generously. The reader will find accolades for Philip Roth's fictional study of 1950's American morals and social mores far different from those of today. *TIME* calls Roth "The uncontested master of comic irony".

Of the many eccentric figures in Japanese Zen, the Soto Zen master Tosui Unkei (d. 1683) is surely among the most colorful. Various compared to Ryokan and Francis of Assisi, Tosui has been called "the original hippie." After many grueling years of Zen practice and the sanction of a distinguished teacher, Tosui abandoned the religious establishment and became a drifter. The arresting events of Tosui's life were recorded in the *Tribute* (Tosui osho densen), a lively and colloquial account written by the celebrated scholar and Zen master Menzan Zuiho. Menzan concentrates on Tosui's years as a beggar and laborer, recounting episodes from an unorthodox life at the same time opening a new window on seventeenth-century Japan. The *Tribute* is translated here for the first time, accompanied by woodblock prints commissioned for the original 1768 edition. Peter Haskel's introduction places Tosui in the context of the Japanese of his period--a time when the identities of early modern Zen schools were still being formed and a period of spiritual crisis for many distinguished monks who believed that the authentic Zen transmission had long ceased to exist. A biographical addendum offers an overview of Tosui's life in light of surviving premodern sources.

[Emotionally Free](#)

[A Parents' Guide to Understanding the College Years](#)

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[To Love and Let Go](#)

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[No More Letting Go](#)

[Understanding the Onset, Progression, and Remission of Depression](#)

[The Sound of Letting Go](#)

[Letting Go of Shame](#)

[Embrace Detachment as a Path to Freedom](#)

[How to Heal Your Hurt, Love Your Body and Transform Your Life](#)

“Rachel beautifully illustrates that loving fiercely and grieving deeply are often two halves of the same whole. Her story will break you down and lift you up.” —Glennon Doyle, author of the #1 New York Times bestseller *Love Warrior* and founder of Together Rising While on her way to teach a yoga retreat in March 2014, Rachel Brathen collapses at an airport, brought to her knees by excruciating stomach pains. She is rushed to the hospital on the tiny island of Bonaire, and hours later forced to undergo surgery. When she wakes up from anesthesia, her boyfriend is weeping at her bedside. While Rachel was struck down with seemingly mysterious pain, her best friend, Andrea, sustained fatal injuries as a result of a car accident. Rachel and Andrea had a magical friendship. Though they looked nothing alike—one girl tall, blond, and Swedish, the other short, brunette, and Colombian—everyone called them gemelas: twins. Over the three years following Andrea’s death, at what might appear from the outside to be the happiest time—with her engagement to the man she loves and a blossoming career that takes her all over the world—Rachel faces a series of trials that have the potential to define her life. Unresolved grief and trauma from her childhood make the weight of her sadness unbearable. At each turn, she is confronted again and again with a choice: Will she lose it all, succumb to grief, and grasp for control that’s beyond her reach? Or can she move through the loss and let go? When Rachel and her husband conceive a child, pregnancy becomes a time to heal and an opportunity to be reborn herself. As she recounts this transformative period, Rachel shares her hard-won wisdom about life and death, love and fear, what it means to be a mother and a daughter, and how to become someone who walks through the fire of adversity with the never-ending practice of loving hard and letting go.

Letting GoThe Pathway of SurrenderHay House Incorporated

Just when everything seems to be going wrong, hope—and love—can appear in the most unexpected places. Summer has begun, the beach beckons—and Francesca Schnell is going nowhere. Four years ago, Francesca’s little brother, Simon, drowned, and Francesca’s the one who should have been watching. Now Francesca is about to turn sixteen, but guilt keeps her stuck in the past. Meanwhile, her best friend, Lisette, is moving on—most recently with the boy Francesca wants but can’t have. At loose ends, Francesca trails her father, who may be having an affair, to the

local country club. There she meets four-year-old Frankie Sky, a little boy who bears an almost eerie resemblance to Simon, and Francesca begins to wonder if it's possible Frankie could be his reincarnation. Knowing Frankie leads Francesca to places she thought she'd never dare to go—and it begins to seem possible to forgive herself, grow up, and even fall in love, whether or not she solves the riddle of Frankie Sky.

Exposes the source and nature of shame, and helps people heal themselves by looking beyond the self-hatred to locate the self

This book identifies the eleven most common anger patterns and offers step-by-step help for overcoming them.

"Learn how to have great conversations through your site or app. Meet your business goals while satisfying your site visitors' needs. Learn how to create useful and usable content from the master - Ginny Redish. Ginny's easy-to-read style will teach you how to plan, organize, write, design, and test your content"--

"[An] absorbing novel that will appeal to fans of Rainbow Rowell." —Booklist "A poignant and carefully crafted story." —School Library Journal "A gorgeous, sad, funny, and wise book about letting go and finding your place in the world." —Kathleen Glasgow, New York Times bestselling author of *Girl in Pieces* Parker struggles to reconnect with her twin brother, Charlie—who's recovering from cancer—as she tries to deal with her anxiety about the future in this powerful new novel. Twins Parker and Charlie are polar opposites. Where Charlie is fearless, Parker is careful. Charlie is confident while Parker aims to please. Charlie is outgoing and outspoken; Parker is introverted and reserved. And of course, there's the one other major difference: Charlie got cancer. Parker didn't. But now that Charlie is officially in remission, life couldn't be going better for Parker. She's landed a prestigious summer internship at the hospital and is headed to Harvard in the fall to study pediatric oncology—which is why the anxiety she's felt since her Harvard acceptance is so unsettling. And it doesn't help that her relationship with Charlie has been on the rocks since his diagnosis. Enter Finn, a boy who's been leaving strange graffiti messages all over town. Parker can't stop thinking about those messages, or about Finn, who makes her feel free for the first time: free to doubt, free to make mistakes, and free to confront the truth that Parker has been hiding from for a long time. That she keeps trying to save Charlie, when the person who really needs saving is herself.

"Competitive climber Cara Jenkins feels most at home high off the ground, clinging to a rock

wall by her fingertips. She's enjoyed a roaming life with her mountaineering parents, making the natural world her jungle gym, the writings of Annie Dillard and Henry David Thoreau her textbooks. But when tragedy strikes on an Ecuadorian mountaintop, Cara's nomadic lifestyle comes to an abrupt halt. Starting over at her grandparents' home in suburban Detroit, Cara embarks on a year of discovery, uncovering unknown strengths, friendships, and first love"--Page 4 of cover.

[Cleanse Your Mind, Lift Your Spirit, and Replenish Your Soul](#)

[Letting Go of Literary Whiteness](#)

[The Power of Letting Go](#)

[A Novel](#)

[Letting Go?](#)

[Letting Go, Sixth Edition](#)

[Understanding How Shame Affects Your Life](#)

[More Language of Letting Go](#)

[Letting Go of Gravity](#)

[The Language of Letting Go](#)

[Love Is Letting Go of Fear](#)

“200 short, straightforward daily lessons” and meditations to help you end codependency: “An easy reference guide for those seeking recovery or peace” (Publishers Weekly). Do you ever sense you might be giving other people too much power over your mood? Do you find yourself feeling immobilized by other people’s expectations? The cure for codependency is detachment, and in Let Go Now, bestselling author Karen Casey offers practical steps for implementing the principles of detachment in your life. When we remove codependent relationships and behaviors from our lives, we discover a life of balance and freedom. With two hundred meditations, Karen helps us realize that we cannot control anyone or anything beyond ourselves. Inspiring and easy to read, Let Go Now guides us away from taking care of others and toward taking care of ourselves.

Life doesn't need to be a struggle. Letting go is the strongest thing I've ever done. Exploring the issues of love, loss, healing, and happiness, this manifesto for freedom from one of feminism's liveliest voices will guide you on the path to feeling newly, truly confident.

Describes a means to let go of the obstacles to Enlightenment and become free of negativity.

If you learn to let go, your life will take off. When you let go, you live intuitively. Everything flows, because you are no longer attached to things being a certain way, to being a certain person or always being right. What a relief. The irony is that when you feel stuck in any area of your life - career, relationships, purpose, health or money - letting go can seem very hard. You cling on for dear life just at the moment you need to take the leap. In *The Power of Letting Go*, John Purkiss explains why we should let go and how we can do it, using proven techniques to make things happen. The stages of letting go: -Be Present and Enjoy Each Moment -Let Go of the Thoughts that Keep You Stuck -Let Go of the Pain that Runs Your Life -Surrender and Tune into Something Far More Intelligent than Your Brain

Rooted in examples from their own and others' classrooms, the authors offer discipline-specific practices for implementing antiracist literature instruction in White-dominant schools. Each chapter explores a key dimension of antiracist literature teaching and learning, including designing literature-based units that emphasize racial literacy, selecting literature that highlights voices of color, analyzing Whiteness in canonical literature, examining texts through a critical race lens, managing challenges of race talk, and designing formative assessments for racial literacy and identity growth. Book Features: Specific classroom scenarios and transcripts of race-related challenges that teachers will recognize to help situate suggested strategies Sample racial literacy objectives, questions, and assessments to guide unit instruction. A literature-based unit that addresses societal racism in *A Raisin in the Sun*. Assignments for exploring Whiteness in the teaching of *The Adventures of Huckleberry Finn*. Questions teachers can use to examine *To Kill a Mockingbird* through a critical race lens. Techniques for managing difficult moments in whole group discussions. Collaborative glossary and exploratory essay assignments to build understanding of race-based concepts and racial identity development.

Letting Go is the heartbreaking true story of one young girl's journey to uncover the truth of what it means to be truly loved and accepted. Kristy grew up without direction or stability in a world where safety and security were lacking in daily life. Overcoming the loss of loved ones, abuse, disillusionment and loneliness, Kristy maintains the solid belief that a higher power is aware of her and that force leads her to become a stronger person. Letting Go is about releasing the negative thoughts, emotions, and feelings that threaten Kristy's happiness, allowing her to embrace the Atonement and instill peace in her soul.

Fear, shame, anger, self-doubt. Helping people "let go" of self-destructive thoughts, emotions, and

behaviors has been the life work of acclaimed author Melody Beattie. For more than a decade, millions of readers have turned to Beattie's classic meditation book, *The Language of Letting Go*, as a wellspring for daily reflection, affirmation, and change. Now the journal edition of this best-seller features the entire original meditation text in a format that affords room for readers to record their thoughts, fears, and accomplishments. Key features and benefits Beattie's work is known and trusted among self-help readers journal format invites readers to personalize meditations meditation themes explore common relationship issues a thoughtful gift for friends or a great gift for yourself About the author: Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a happier more meaningful life. FREE BONUS Included Right After Conclusion - HURRY before it's gone! Publisher's Note: This expanded edition of *Letting Go* includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure. Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let

you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

[Letting Go of the Past to Live in the Moment](#)

[A Memoir of Love, Loss, and Gratitude](#)

[Letting Go of the Words](#)

[The Moment of Letting Go](#)

[The Secret to Letting Go](#)

[How to drop everything that's holding you back](#)

[Zoe Letting Go](#)

[A 12-week Personal Action Program to Overcome a Broken Heart](#)

[Hanging On and Letting Go](#)

[The Summer of Letting Go](#)

[The Letting Go](#)

Letting Go? investigates path-breaking public history practices at a time when the traditional expertise of

museums seems challenged at every turn—by the Web and digital media, by community-based programming, by new trends in oral history and by contemporary art. In this anthology of 19 thought pieces, case studies, conversations and commissioned art, almost 30 leading practitioners such as Michael Frisch, Jack Tchen, Liz Ševcenko, Kathleen McLean, Nina Simon, Otabenga Jones and Associates, and Fred Wilson explore the implications of letting audiences create, not just receive, historical content. Drawing on examples from history, art, and science museums, *Letting Go?* offers concrete examples and models that will spark innovative work at institutions of all sizes and budgets. This engaging new collection will serve as an introductory text for those newly grappling with a changing field and, for those already pursuing the goal of “letting go,” a tool for taking stock and pushing ahead.

Everyone Emily has ever loved has been brutally murdered. The killer has never been caught, but Emily knows who's responsible. She is. It's the only possible explanation. Emily is the one thing all the victims have in common, which can only mean that someone—or something—is killing them to make her suffer. Determined never to subject another person to the same horrible fate as her parents, friends, and pets, Emily sequesters herself at a private boarding school, keeping her classmates at a distance with well-timed insults and an unapproachable air. Day after day, she loses herself in the writing of Emily Dickinson—the poet makes a perfect friend, since she's already dead. Emily's life is lonely, but it's finally peaceful. That is, until two things happen. A corpse appears on the steps of the school. And a new girl insists on getting close to Emily—unknowingly setting herself up to become the killer's next victim.

One summer can change everything... Haunted with guilt after his girlfriend's death, Daniel Hudson has no interest in committing to anyone. At the end of the summer, he'll be leaving Florida for a new start in college. If only he could avoid the mysterious new girl in town, who seems every bit as naive and eccentric as she looks. Trouble is, she's hard to ignore, with her beautiful piercing eyes, pitiful-looking dog, and unsettling tendency of finding trouble. Clover Scott lived her whole life off the grid and arrives on the Gulf coast in search of her grandparents. She never expected to nearly drown, or get caught in a hurricane, or fall in love with the boy who rescues her. Now, she has a chance to rewrite her life's story, to finally fit in somewhere, but Daniel wants answers about her past. When the police start asking questions about the disappearance of her parents, she must make a choice: go to jail or confess her secrets—even if they might destroy her chance at a happily-ever-after.

A dystopian thriller follows a boy and girl on the run from a town where all thoughts can be heard – and the

passage to manhood embodies a horrible secret. Todd Hewitt is the only boy in a town of men. Ever since the settlers were infected with the Noise germ, Todd can hear everything the men think, and they hear everything he thinks. Todd is just a month away from becoming a man, but in the midst of the cacophony, he knows that the town is hiding something from him -- something so awful Todd is forced to flee with only his dog, whose simple, loyal voice he hears too. With hostile men from the town in pursuit, the two stumble upon a strange and eerily silent creature: a girl. Who is she? Why wasn't she killed by the germ like all the females on New World? Propelled by Todd's gritty narration, readers are in for a white-knuckle journey in which a boy on the cusp of manhood must unlearn everything he knows in order to figure out who he truly is.

This book reveals the secret source of a brandnew kind of inner strength. Whether readers need to let go of a painful heartache, a destructive habit, a frightening worry or a nagging discontent, this book shows them how to call up their own hidden powers to overcome any challenge or problem.

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.

A remarkable program for shedding emotional baggage and embracing the present, from the host of the popular radio program "The David Viscott Show."

Offers a three-step, thirty-day program for letting go of preconceptions, prejudices, and pre-judgements in order to face each day with a fresh and positive outlook.

[Heal Grief with Help from the Other Side](#)

[Letting Go](#)

[Antiracist Literature Instruction for White Students](#)

[The Story of Zen Master Tosui](#)

[Feminist and Social Justice Insight and Activism](#)

[Never Letting Go](#)

[The Art of Holding on and Letting Go](#)

[The Little Book of Letting Go](#)

[366 New Daily Meditations](#)

[The Spirituality of Taking Action Against Alcoholism and Drug Addiction](#)

You can follow the rules or you can follow your heart... THE MOMENT OF LETTING GO Sienna Murphy never does anything without a plan. And so far her plans have been working. Right after college, she got a prestigious job and gained the stability she'd always craved-until work takes her to the sun-drenched shores of Oahu and places her in the path of sexy surfer Luke Everett. For the first time, she lets her heart take control. Drawn to his carefree charm, she makes a spontaneous and very un-Sienna-like decision to drop everything and stay in Hawaii for two more weeks. Luke lives fast and wild. When he meets Sienna, he's convinced that some no-strings-attached fun is just what she needs. As their nights quickly turn from playful to passionate, Luke can't deny the deep connection he feels. But there's a reason Luke doesn't do long-term. He can't promise Sienna forever, when the enormity of his past has shown him just how fragile the future can be . . .

Hanging On and Letting Go: Understanding the Onset, Progression, and Remission of Depression presents a complementary rather than a competing theory of depression, which will interest a wide spectrum of practicing psychotherapists, researchers studying depression, and personality and social psychologists interested in the more general issues of motivation and the self. While many contemporary theories are derived from fragmentary often unsystematic assumptions about human behavior, the theory presented in this book looks at the whole human being before mapping out the various manifestations of depression, its causes, its development and its treatment. An integrated and substantial conception of self-awareness and self-regulatory processes constitutes the framework which helps to explain depression-related phenomena. The authors proceed to posit vulnerability factors that predict depression in those who experience loss, and they scrutinize spontaneous remission of depression, which occurs more frequently than researchers generally assume. This book makes an important contribution to the battle against the suffering that depression brings on.

For sixteen years, Daisy has been good. A good daughter, helping out with her autistic younger brother uncomplainingly. A good friend, even when her best friend makes her feel like a third wheel. When her parents announce they ' re sending her brother to an institution—without consulting her—Daisy ' s furious, and decides the best way to be a good sister is to start being bad. She quits jazz band and orchestra, slacks in school, and falls for bad-boy Dave. But one person won ' t let Daisy forget who she used to be: Irish exchange student and brilliant musician Cal. Does she want the bad boy or the prodigy? Should she side with her parents or protect her brother? How do you know when to hold on and when—and how—to let go? “ The Sound of Letting Go is deeply moving, fiercely honest, and always surprising. Stasia Ward Kehoe ' s characters are so real and complex, you won ' t want to let them go at the end. I loved this book! ” —Barbara Dee, author of Solving Zoe, This is Me From Now On, Just Another Day in My Insanely Real Life, and Trauma Queen “ Achingly beautiful, The Sound of Letting Go takes readers down a dangerous path while touching the heart and encouraging hope. ” —Elana Johnson, author of Possession, Surrender, and Abandon “ Told in verse that is at once delicate and strong, lyrical and honest, Stasia Kehoe ' s The Sound of Letting Go is a moving contemporary story of the intense push and pull between the responsibility of family and the freedom of dreams. ” —Jessi Kirby, author of Moonglass, In Honor, and Golden “ With captivating verse and a lyrical love story to match, The Sound of Letting Go will keep you hanging on, breathless and enchanted, until the very last page. ” —Gretchen McNeil,

author of Possess, Ten and the forthcoming 3:59 and the “ Don ’ t Get Mad ” series “ Soulful and stunning, this book has captured my heart. It ’ s one of those tragic melodies you never want to end, a tribute to the damning and redemptive power of music. ” —Jessica Martinez, author of Virtuosity and The Space Between Us “ The Sound of Letting Go draws you honestly into the turbulent ambivalence of life with a severely challenged sibling, while never short-shrifting Daisy's individual coming-of-age journey. The music of Stasia Kehoe's beautifully flawed characters will resonate in your mind long after you finish reading her book. ” —Elise Allen, author of Populazzi, co-author of the Elixir series with Hilary Duff

We all suffer the loss of a loved one. This uplifting book will guide you on your journey through grief and inspire you with evidence of the afterlife. A practicing lawyer for over two decades, Mark Anthony is also a gifted medium who has worked with thousands of clients. He shares incredible true stories of contact with spirits and their enduring messages of forgiveness, gratitude, and acceptance. Even more remarkable, you will be able to recognize and make contact with the spirits of your loved ones. Compelling, comforting, and inspiring for those of all backgrounds and faiths, Never Letting Go offers true healing through messages of hope from the Other Side. Watch Mark Anthony discuss Never Letting Go here. Praise: "This deep, emotionally touching book is destined to become a metaphysical classic."—Joyce Keller, author of Seven Steps to Heaven "An enlightening journey through coping with grief and discovering spiritual renewal. I highly recommend this book!"—Jeffrey A. Wands, author of Another Door Opens

At a time when women are being exhorted to "lean in" and work harder to get ahead, Letting Go: Feminist and Social Justice Insight and Activism encourages both women and men to "let go" instead. The book explores alternatives to the belief that individual achievement, accumulation, and attention-seeking are the road to happiness and satisfaction in life. Letting go demands a radical recognition that the values, relationships, and structures of our neoliberal (competitive, striving, accumulating, consuming, exploiting, oppressive) society are harmful both on a personal level and, especially important, on a social and environmental level. There is a huge difference between letting go and "chilling out." In a lean-in society, self-care is promoted as something women and men should do to learn how to "relax" and find a comfortable work-life balance. By contrast, a feminist letting-go and its attendant self-care have the potential to be a radical act of awakening to social and environmental injustice and a call to activism.

Pip, Midge, and Dot are enjoying the shade under an apple tree when fruit starts falling around them, causing the hens to suspect a fox is in the tree trying to hit them.

[The Knife of Never Letting Go](#)

[Surrender, Release Attachments and Accept the Present](#)

[Letting Go of Anger](#)

[Writing Web Content that Works](#)

[The Secret of Letting Go](#)

[A Meditation Book and Journal for Daily Reflections](#)

[Daily Meditations on Codependency](#)

[Sharing Historical Authority in a User-Generated World](#)

[Let Go Now](#)