



The Language of Letting Go (Hazelden Meditation Series) By Melody Beattie

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In this popular meditation book, Melody Beattie evolves the experiences and expertise that she boldly shared in the New York Times best seller Codependent No More into 366 moving reflections and prayers to guide us through each day of the year. Beattie's wise and intimate meditations remind us that the best way to heal and grow is to take responsibility for our own pain and self-care. She helps us stay focused on the fundamentals of codependency recovery: letting ourselves feel all of our emotions, accepting powerlessness, and owning our own power.

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