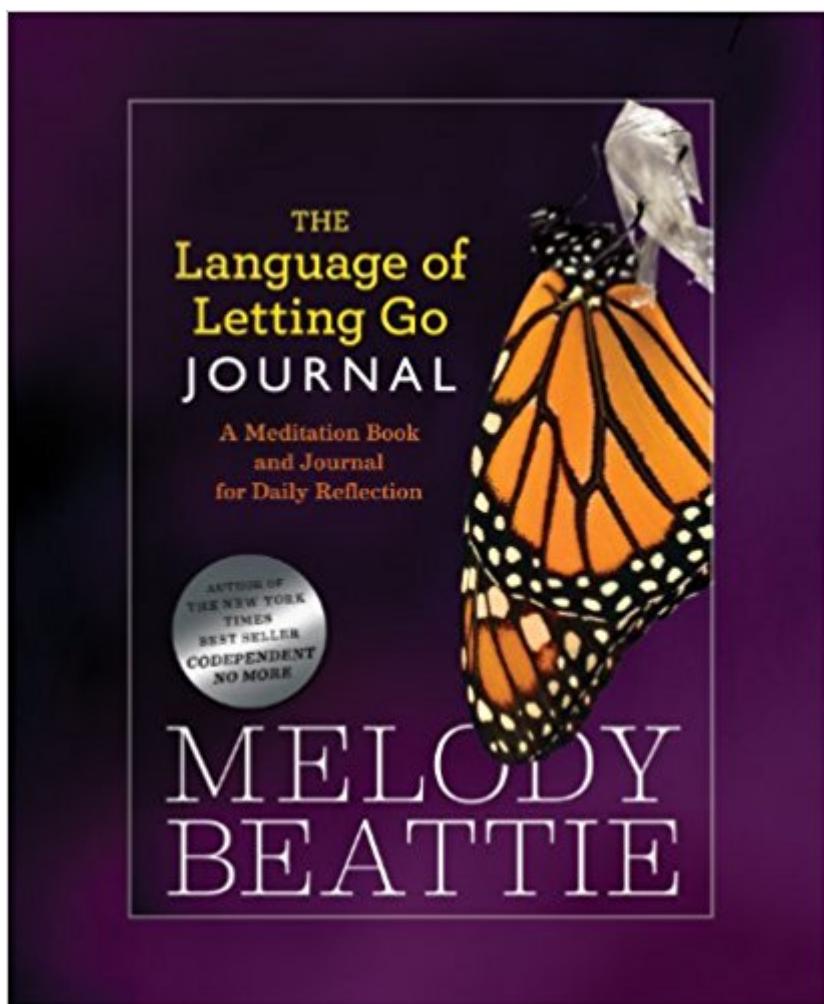


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# The Language Of Letting Go Journal: A Meditation Book And Journal For Daily Reflection



## Synopsis

This journal, a companion to the popular meditation book of the same name, offers exercises for daily reflection, affirmation, and change in helping people let go of self-destructive thoughts. 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, using abridged text from the original best-seller, allows 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.

## Book Information

Paperback: 400 pages

Publisher: Hazelden Publishing; Abridged edition edition (January 31, 2003)

Language: English

ISBN-10: 1568389841

ISBN-13: 978-1568389844

Product Dimensions: 7 x 1.1 x 8.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 70 customer reviews

Best Sellers Rank: #55,432 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Mental Health > Codependency #89 in Books > Religion & Spirituality > New Age & Spirituality > Mysticism #195 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

In addiction and recovery circles, Melody Beattie is a household name. She is the best-selling author of numerous books, including *Codependent No More*, *Beyond Codependency*, *The Language of Letting Go*, *More Language of Letting Go*, and *52 Weeks of Conscious Contact*. Her first book, *Codependent No More*, was published by Hazelden in 1986. Melody's compassionate and insightful look into codependency--the concept of losing oneself in the name of helping another--struck a universal chord among families struggling with a loved one's addiction. Twenty years later, the concepts continue to ring true for millions worldwide, as the book has sold more than

four million copies and has been translated into more than a dozen languages. Melody currently has 13 titles with Hazelden and several more with other publishers. One of Melody's more recent titles with Hazelden is, *The Grief Club*, which was published in 2006. This inspirational book gives the reader an inside look at the miraculous phenomenon that occurs after loss--the being welcomed into a new "club" of sorts, a circle of people who have lived through similar grief and pain, whether it be the loss of a child, a spouse, a career, or even one's youth. She writes, "There's a secret to getting through loss, pain, and grief. If we're alone we can't see who we are. When we join the club, other people become the mirror. Through them, we see ourselves and gain an understanding of what we're going through. Then slowly, real slowly, we learn to accept who we see in the mirror." In 2007, Hazelden published Melody's newest title, *Gratitude*, a beautifully illustrated collection of passages from Melody's earlier work that encourages readers to reconnect with what's truly important in life--the everyday blessings that are ever-present and ever-sustaining. For more information about Melody and her books, visit the author's Web site.

Large format. Good meditations

this 4 star has nothing to do with the seller but, the book. if a daily journal of 'good thoughts' helps you, you might like it better than i did :/

Learning about myself through Melody's books has been a real eye opener and is helping to make sense of my life. I would recommend these books to anyone. Self-improvement is a life-long learning process.

Purchased this book because a friend told me it is an awesome book. I have not read the entirety of this book yet but what I have read it is a very nice book. Great for the price and fast delivery.

Must have bookgreat focus! read it every day and have given it as a gift many times.

Have already ordered this for family members who are getting as much out of it as I am. Makes you realise that you are not alone and can work on yourself without hurting others.

Very helpful daily meditation process. Melody Beattie is one of my favorite addiction and co-dependent behavior authors.

i love the book and read it daily, it has a definate impact on working om myself. it is a great companion book to other books by Melody. however i thought i ordered the smaller version without the additional space for writing a personal journal inside the book. this version is too big to take with me during my daily activities.

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