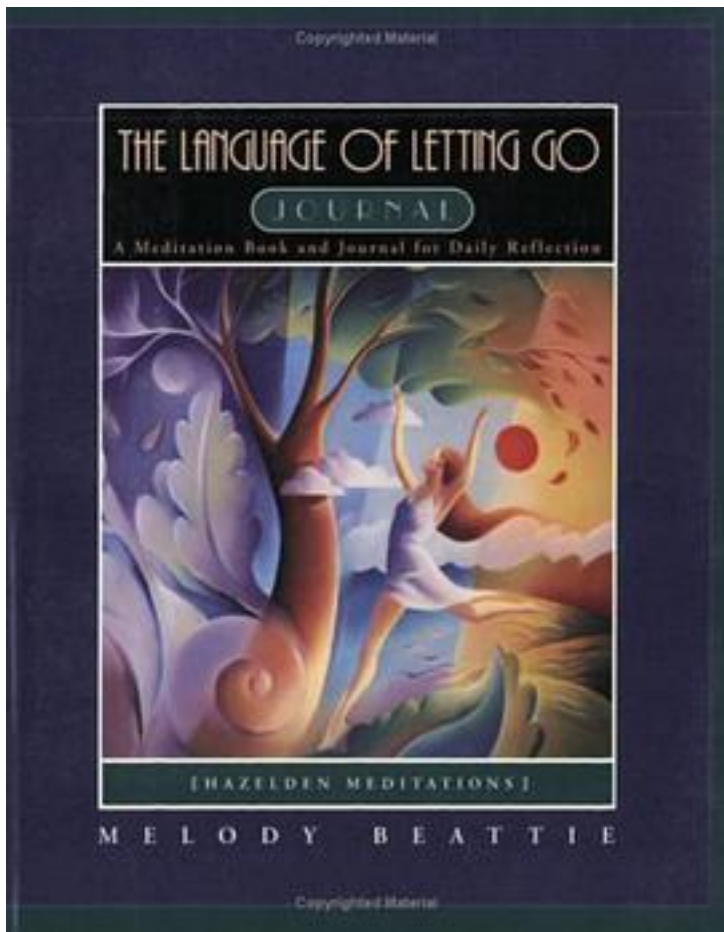


The Language of Letting Go Journal



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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.

作者介绍:

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