



The Language of Letting Go: Hazelden Meditation Series

By Melody Beattie

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The Language of Letting Go: Hazelden Meditation Series By Melody Beattie

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.

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The Language of Letting Go: Hazelden Meditation Series By Melody Beattie Bibliography

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Editorial Review

Review

"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.*

From the Publisher

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"

From the Back Cover

CODEPENDENCY AND RECOVERY

THE LANGUAGE OF LETTING GO

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Users Review

From reader reviews:

Dixie Love:

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Karen Taylor:

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Thomas Gonzalez:

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