



LETTING GO: Surrender, Release Attachments and Accept the Present (Self-Development, Spirituality, Peace, Consciousness, Personal Growth)

B. L. Hallison

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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!**

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Lisa Maurer:

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