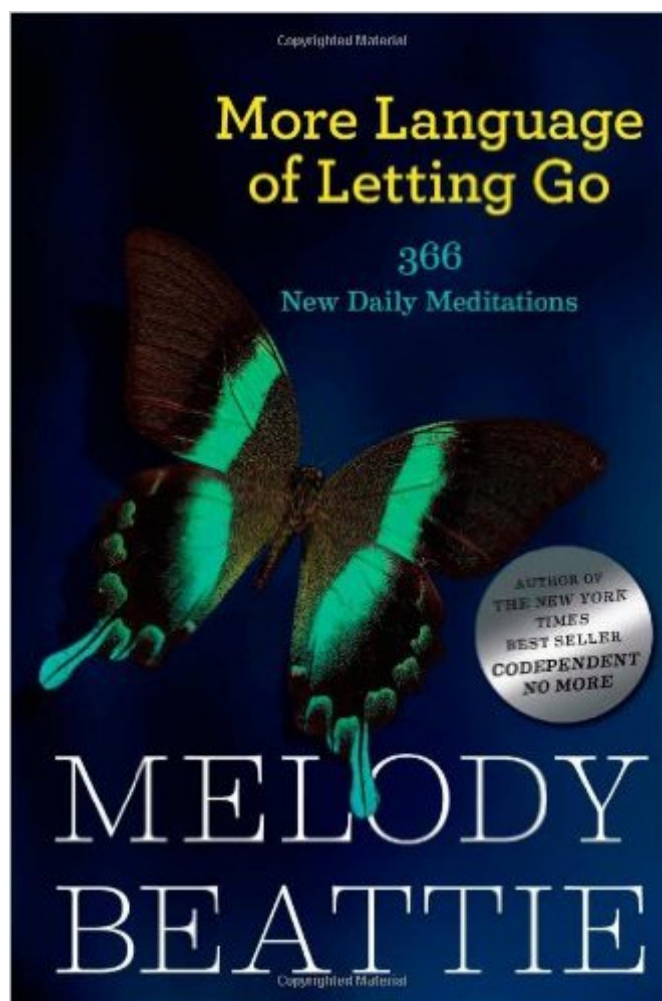


The book was found

# More Language Of Letting Go: 366 New Daily Meditations (Hazelden Meditation Series)



## Synopsis

This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues. An excellent enhancement to therapy, daily thoughts provide clients with ongoing insights into issues such as surrendering, the damaging effects of manipulation, and healthy communication. More Language of Letting Go shares unsentimental, direct help for clients recovering from chemical dependency, healing from relationships and family issues, and exploring personal growth.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (121 customer reviews)

Best Sellers Rank: #47,009 in Books (See Top 100 in Books) #67 in [Books > Religion & Spirituality > Worship & Devotion > Meditations](#) #74 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #100 in [Books > Religion & Spirituality > New Age & Spirituality > Mysticism](#)

## Customer Reviews

Hello All, Ok, so I said I would review this title upon reading it so, here it is. First impression is these daily readings, have a different feel than those in "The language of letting go". I'm not saying that they are bad, just that they seem more polished (for lack of a better word). I think that if I was just starting a 12 step program, I would much prefer the former title (The language of letting go) over this edition. You can see in these new readings how Melody has progressed in her own recovery, an inspiration no doubt. What I find is lacking is the frustration that she felt in her first book. I think it's important that new comers feel that frustration as well to know that they aren't alone. So, would I recommend this title.....INDEED!! I just think that you should \*PROGRESS\* to this edition only after spending time with the original. Ciao!!

Another great book from the premier guru of recovery! In "The Language of Letting Go" Melody Beattie gave us 365 memorable meditations on detaching from toxic relationships. "More Language of Letting Go" takes us to new heights ;- ) as Melody uses metaphors of skydiving as her framework. Life is handing you scary changes and challenges? Melody advises, say "WooHOO!" as you step into the unknown. Not sure how to handle a tricky situation? Try "dirt-diving," Melody suggests, rehearsing your movements "on the ground" before you need them for real "in the air." She speaks from an incredible fund of experience--and from the heart--as she counsels us to learn to say "Whatever" and to approach life with an attitude of gratitude. Melody's books are always a treasure store of no-nonsense, compassionate advice that works. In this book I particularly liked her comparing life to a high-risk sport. She suggests that as participants in life, we should sign a full waiver, accepting personal responsibility for all our decisions and forfeiting any right to recourse as a victim, "including my rights to blame, complain, and whine or hold someone else responsible for the path I choose to take." WooHOO! You GO, girl! Melody, your final chapter heading is a good description of this whole book: "How Sweet It Is!"

This is a WONDERFUL daily reading! I read it through last year and am starting over this year. There are some passages that just jump out and smack you in the head because they relate to what you are going through at the exact time you read it.

The original "Language of Letting Go" is absolutely my favorite daily meditation book! So, I purchased "More Language of Letting Go" with great anticipation. I have never been so disappointed in a book in my life! It was more like reading someone's diary of personal adventures. It was full of egocentric comparisons between skydiving and daily struggles. I didn't find it inspirational at all.

After working a 12 step for 9 months, read Language of Letting Go. Brought me in touch w/my feelings. Then my spouse went into AA. "More Language of Letting Go" continued me on my path to getting in touch w/my feelings. There's no index, but you will find it comical how you do read the book. I highly recommend Beattie's "Journey to the Heart" as a follow-up to this one! By reading these 3 books, I know more what I want and can name the things I want. Before I couldn't. Beattie pegs it beautifully, when no one else can.

Great book that you can use daily year after year. It has a message for each day of the year and

you can pick it up anytime. Sometimes they are a little too sappy or religious for me, but not too much that I don't still use it. I just might skip this day and read another days message. These are great daily thoughts to give you something to consider as you move throughout your day. (I think all of Melody Bettie's books are AWESOME for co-dependence issues whether it is you or someone you love). They by far helped me more than any other books on the subject.) P.S. You do not have to be co-dependent or never have been in relationships with alcoholics or abusers for these messages to impact your positivity for the day. Everyone can get something from it.

It is helpful in different ways than the original book. I bought this because I gave my original to someone who really like it. I do prefer to reread the original over and over, and may buy that one again.

Great book! I read some of the reviews and quite a few had negative comments, which I didn't understand why. I have Melody Beattie's first book and this one is as good as the first one. She uses more metaphors and analogies which I like. I have recommended this to several friends and will continue to do so.

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