



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

Melody Beattie

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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.

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