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Find the Key to Happiness in Letting Go. Shed what weighs you down. From long-harbored guilt to deep-

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rooted prejudices, many of us bear the weight of harmful tendencies in our daily lives. Whether we realize it or not, these things are actively holding us back from the happiness we long to attain. In this inspirational book, minister and counselor Hugh Prather provides a guide for mental cleansing.

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The Little Book of Letting Go: A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul. by. Hugh Prather. 3.77 · Rating details · 375 ratings · 30 reviews. "Letting go is the bottom-line key to happiness," states Hugh Prather. And in The Little Book of Letting Go, he offers a simple three-step process for shedding prejudices, preconceptions, and prejudgments and facing each moment with openness and enthusiasm.

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The Little Book of Letting Go. A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul. By: Hugh Prather. Narrated by: Stefan Rudnicki. Length: 2 hrs and 55 mins.

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Categories: Relationships, Parenting & Personal Development, Personal Development. 4.1 out of 5 stars.

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The Little Book of Letting Go : A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul (for Readers of Letting Go or the Art of Letting Go)

The Little Book of Letting Go: A... by Hugh Prather  
Minister, lecturer, and counselor Hugh Prather notes at the outset of this little book: "Problems assault us to the degree they preoccupy us. The key to release, rest, and inner freedom is not the elimination of all external difficulties. It is letting go of our patterns of reactions to those difficulties."

## The Little Book of Letting Go by Hugh Prather | Review ...

This book is a very easy read, but contains a ton of helpful steps and exercises. I suggest reading it first, then going back and doing the releases in order. Hugh is very insightful, and no matter what religious path you are following, this guide will help you let go and be more "in the moment"

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A Revolutionary 30 Day Program to Cleanse Your Mind Lift Your Spirit and Replenish Your Soul. Hugh Prather. Conari Press ( August 2000) \$14.95 ( 223pp) 978-1-57324-503-6. "A mind that learns to let go gradually returns to its inherent wholeness, happiness, and simplicity."

Review of The Little Book of Letting Go (9781573245036 ...

The Little Book of Letting Go A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul This edition published in August 2000 by Conari Press. First Sentence "Within the human heart, we all feel the call to be simple, to be present, to be real." The Physical Object Format ...

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The little book of letting go : a revolutionary 30-day program to cleanse your mind, lift your spirit, and replenish your soul. by. Prather, Hugh. Publication date. 2000. Topics. Peace of mind, Peace of mind. Publisher. Berkeley, Calif. : Conari Press.

## The little book of letting go : a revolutionary 30-day ...

The Little Book of Letting Go I want to talk to you this evening about Hugh Prather's Little Book of Letting Go - but first I have to explain why. Every time we come around to Jainism, Buddhism and Taoism in my religion class, we discuss the ideal of non-attachment, and I have my students do a little exercise in "letting go."

## Little Epiphanies: The Little Book of Letting Go

The Letting Go Ebook, Free. By Leo Babauta. Today marks 41 years of wonderful life that I've lived, and as a birthday present to all of you, I'm publishing a free ebook: The One Skill: How Mastering the Art of Letting Go Will Change Your Life. Last year I started a tradition of giving people gifts on my birthday, to celebrate the fact of being alive, and my gratitude for those in my life — I published the Little Book of Contentment for free a year ago.

## The Letting Go Ebook, Free : zen habits

It is about letting go of negative self talk and looking inward to solve problems. It's the idea that problems aren't solved by trying to change others and your struggles have to do with you and not other people's mistakes. This book was a great motivation, however a lot of it seems redundant.

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The Secret of Letting Go by Guy Finley - Goodreads

Question: "How should Christians view the Book of Mormon?" Answer: When Mormon missionaries (properly called Latter Day Saints or simply "LDS") come to your door, they will often offer a free copy of the Book of Mormon and tell you about its author, Joseph Smith. Smith, they will say, translated the Book of Mormon from golden plates he dug up in a hill in New York in the early 1800s.

How should Christians view the Book of Mormon ...

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The little book of letting go : a revolutionary 30-day ...

Bible Book List. Font Size. Matthew 19:14. New International Version Update. 14 Jesus said, "Let the little children come to me, and do not hinder them, for ... 14 Jesus said, "Let the little children come to me,

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