

This cherished work by Melody Beattie was written for those on a journey of recovery and healing, a companion to her classic, *Codependent No More*. “It was the daily journey that I wanted to write about,” Beattie notes in the preface to this new edition. “Learning to identify, pause, and then reconsider our options as we build a new, peaceful, (nearly) codependency-free life. . . . Of the many healing behaviors I’ve learned to practice, letting go—in all its shapes and forms—is the most influential, profound, and life-altering. We don’t just learn to ‘go with the flow.’ We learn that each of us is a crucial and valuable part of the flow of energy through life. This book of daily meditations is the expression of that flow, written to share, guide, and explore our daily options for maintaining peace and healing in whatever circumstances we may find ourselves.”

Drawing on her own life experiences and struggles with codependency, Beattie offers a thought to guide us through each day and to encourage us to take small, meaningful steps toward renewal, courage, and resilience. Every day affords an opportunity for growth, Beattie reminds us, and with this wise and compassionate book, she lights the way.

A pioneering voice in self-help literature and the recovery movement, **MELODY BEATTIE** is the author of the *New York Times* bestsellers *Codependent No More* and *The Language of Letting Go*, which together have sold more than 10 million copies worldwide.

READ BY NICHOLE BEATTIE



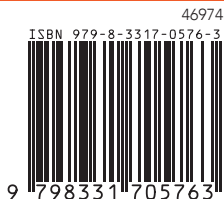
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The Language of Letting Go
Melody Beattie

Adult



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