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The Language Of Letting Go

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Synopsis

Melody Beattie, the best-selling author of The Language of Letting Go, brings you 50 cards to help remind you that each day you can ask for and accept the healing energy of God and the Universe. This beautifully illustrated deck will inspire you to live in the here-and-now; and by doing so, you can allow life to happen instead of trying to force outcomes. When you relinquish regrets over the past and fears about the future, you can truly make the most of every day. Artwork by Elizabeth Rosen. Please visit her website at www.ElizabethRosen.com.

Book Information

Cards: 50 pages

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Product Dimensions: 1 x 4 x 5.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (55 customer reviews)

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Customer Reviews

(Note: lumps all Language of Letting Go products together. This review refers to ISBN#1401903479 which is a 50 card deck based on the book of the same name.)"Today I will trust that the events occurring in my life are not random. My experiences aren't mistakes, and the Universe, my Higher Power, and life are not picking on me. I'm going through exactly what I need to go through to learn something valuable-something that will prepare me for the joy and love that I'm seeking." -from the Trusting in Life cardMelody Beattie, the bestselling author of The Language of Letting Go, has created a 50 card deck reminding us that we can ask for and accept the healing energy of God and the Universe each and every day. Based on her bestselling book, this beautifully illustrated deck inspires both self empowerment and present moment awareness. By truly living in the present moment, we can allow life to happen instead of trying to force outcomes. Relinquishing regrets over the past and fears about the future, we can make the most of every day. The Language of Letting

Go Cards gently prods us to take a closer look at the limiting beliefs we've adopted, providing an empowering affirmation on each card.A few of examples from the deck:Accepting Change"Today I will be open to the process of change. I will trust my Higher Power and believe that the place where I'll be dropped off is better than the place where I was picked up. I know that change is necessary to take me wherever I need to go."Approving of Myself"I will let go of my need for approval and my need to be liked. Instead, I will choose to like and approve of myself. The people who count (including me) will respect me when I'm true to who I really am.

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