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The Language of Letting Go Journal: A Meditation Book and Journal for Daily Reflection

Melody Beattie

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Fear, shame, anger, self-doubt. Helping people "let go" of self-destructive thoughts, emotions, and behaviors has been the life work of acclaimed author Melody Beattie. For more than a decade, millions of readers have turned to Beattie's classic meditation book, *The Language of Letting Go*, as a wellspring for daily reflection, affirmation, and change. Now the journal edition, using abridged text from the original best-seller, allows readers to record their thoughts, fears, and accomplishments.

Key features and benefits:

- Beattie's work is known and trusted among self-help readers.
- Journal format invites readers to personalize meditations.
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