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and one with the continuous cycle of healing'  
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**Go Melody Beattie the bestselling author of Codependent No More and Beyond Codependency has now created Hazelden's first meditation book for codependents Here are reflections that nurture spiritual and emotional health serenity and recovery'**

**'The Language of Letting Go Daily Meditations for December 27th, 2019 - The Language of Letting Go Daily Meditations for Codependents Hazelden Meditation Series Melody Beattie on Amazon.com FREE shipping on qualifying offers Written for those of us who struggle with codependency these daily meditations offer growth and renewal'**

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**'The 60 Best Letting Go Quotes planetofsuccess.com**

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**Go of Those Not in Recovery We can go forward with our life and recoveries even though someone we love is not yet recovering Picture a bridge On one side of the bridge it is cold and dark'**

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**recording will assist you in letting go If you are**

**holding onto people places things and situations**

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**letting go of expectations attachments control**

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Go offers a unique approach to dealing with the  
pain of separation For many people Love is the  
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daily meditations give voice to the thoughts and  
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**December 22nd, 2019 - JANUARY 02 You are  
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**Go Healthy Limits Boundaries are vital to recovery Having and setting healthy limits is connected to all phases of recovery growing in self esteem dealing with feelings and learning to really love and value ourselves'**

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**'The Language Of Letting Go Cards Melody Beattie**

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you 50 cards to help remind you that each day you can ask for and accept the healing energy of God and the Universe'

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**insights into issues such as surrendering the  
damaging effects of manipulation and healthy  
communication More Language of Letting'**

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Problems are made to be solved Melody reminds us  
and the best thing we can do is take responsibility for  
our own pain and self care In this daily inspirational  
book Melody provides us with a thought to guide us  
through the day and she encourages us to remember  
that each day is an opportunity for growth and  
renewal'***The Language of Letting Go Daily  
Meditations on**

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