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This book helps out a lot if you get small sticky notes. I read this book after my therapist recommended it to me. Love is Letting go of fear is self explanatory in the

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title. This book teaches you about mindfulness and putting yourself in others positions and seeing them as innocent.

[The Greatest Act of Love Is Letting Go - Tiny Buddha](#)

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Love Is Letting Go
of Fear Paperback

– October 1, 1979.

by Gerald G.

Jampolsky

(Author), Jack O.

Keeler (Illustrator),

Hugh Prather

(Foreword) & 0

more. 4.6 out of 5

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[The True Meaning
Of 'If You Love
Someone, Let
Them Go ...](#)

Love Is Letting Go
of Fear has had an
amazing journey
since its first
edition was printed

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in 1979. No one could be more surprised than I at the journey this book has taken. It has sold millions of copies, has been published in dozens of languages, and continues to be a classic after all

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these many years.
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[How to Let Go of
Someone You
Love - It's Painful,
But You ...](#)

Love is putting
others' needs
above your own.
Sometimes you let
someone go

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because you know
that you are not
able to give them
the love you think
they deserve.

Because the
happiness of the
person you love
matters so much
more than your
own happiness.

Because you want

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them to be happy,
even if it is without
you.

[Love: Is true love
really about letting
go? - Quora](#)

Your love for him
ends up
conquering your
need for him. In

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the end, you
decide that you
can't keep on this
way. You're
miserable. He's
miserable. If you
really love each
other, you have to
make the decision
that's best for your
health and
happiness. It's

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tough, but it's the
best thing you can
do to let him go.

[5 Ways to Move
on From an Ex
You Still Love |
Psychology Today](#)

If falling in love is
the most wonderful
feeling in the

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world, letting go of love is the most horrible feeling in the world. There is nothing worse than the physical pain of losing a love – the pit in your stomach, the broken heart, the feelings of despair and hopelessness.

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Letting go of love
is not easy but it is
possible.

[How to let go of
someone you love:
13 things you need
to ...](#)

Love Is Letting Go
of Fear Quotes
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36 "Inner peace
can be reached
only when we
practice
forgiveness.
Forgiveness is
letting go of the
past, and is
therefore the
means for
correcting our
misperceptions."

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Jampolsky, Love Is
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[Letting Go of Our
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As your loved one's issues with substances grow worse, the physical and emotional effects it is having on you and your family are equally as devastating. In order to help your

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addicted loved one
and your family get
the help and
support you need,
you must do one
of the hardest
things that you will
ever do in your
life—and that is
letting go of the
addict you love.

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Olivia Newton-
John – Love Is
Letting Go of Fear
Lyrics ...

Letting go is not so easy to do. When we have made a heart connection with someone it can be difficult to release that heart

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string. And, from a metaphysical perspective, it really is a kind of string - an etheric string, a connection from heart to heart, that is vibrationally measurable. That's why it takes so long to get over a

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past romance, and
why we can't just
pick up and move
on.

[Anthony Hopkins
on Letting Go of
People who Aren't
Ready ...](#)

Olivia Newton-
John Lyrics. "Love
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Is Letting Go Of
Fear". The pain is
something that you
can't ignore.

You're always
wondering. What
the hurt is for.

Your heart feels
something. That it
can't explain. You
yearn for love. But
you're afraid to

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change.
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[An Essential
Guide on How to
Let Go of
Someone ...](#)

Letting go of love
is a very hard thing
to do, so to keep
us going during
this tough time

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being optimistic about the future is a great way to keep going. Being sure of a better future without that love will give us the power to work hard towards letting go.

[Love Is Letting Go](#)

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[of Fear, Third
Edition by Gerald
G ...](#)

Through 'Love is letting go of fear' Gerald Jampolsky explains the importance of forgiveness, how the past is over, and that the

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present is the only
time that exists.

This book also
gave me one more
key to understand
myself and others
with the
explanation of
attack and defense
: "Attacking always
stems from fear
and guilt.

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[Help letting go of a
relationship -
Letting go -
Releasing ...](#)

"A non-
competitive
sharing
experience"
based on the best
selling book by Dr.
Gerald G.

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Jampolsky. In the mold of The Ungame, this non-competitive experience was designed to create a TIME and PLACE for people to talk openly and honestly about their feelings, ideas, personal

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experiences, and
needs as they
learn the principles
of LOVE.

Participants
respond to a
variety of activities
...

[5 Life Changing
Benefits of Letting
Go The Wellness](#)

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Letting go is hard.
Letting go of
someone you
really love is even
harder. Sooner or
later, every one of
us must
experience
releasing back into
the universe the

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very person who
was given to us to

...

[How do I let go of
someone I love
and move on? 5
Life ...](#)

Instead, letting go
is a process of
surrendering

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painful beliefs and emotions, and welcoming in love, understanding, forgiveness, and self-compassion. There is no easy quick-fix or five-step-solution for letting go of feelings such as anger, fear, and

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grief because
letting go is a
process. It can
take a while.

[5 Reasons Why Letting Go of a Past Love Is Important For ...](#)

Letting go is NOT
easy “Letting go

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gives us freedom,
and freedom is the
only condition for
happiness. If, in
our heart, we still
cling to anything –
anger, anxiety, or
possessions – we
cannot be free.” –
Thich Nhat Hanh.
If only I could tell
you that detaching

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from the person
you love and
letting them go
was a simple
process. But I ...

[5 Tips for Letting Go of Someone You Love](#)

Letting Go of Love
Quotes - Letting

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go of a person you
love is one of the
difficult aspects of
life. Neither we will
not get anything if
we will keep
looking at
memories made in
the past with the
person whom we
love nor we will get
anything if we will

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keep holding over him if the things are not working out. Life is all about change. So learn to let go of the love in your life.

[5 Tips For Letting Go Of Love With Love For Yourself](#)

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Let's go over some of the best ways to know for sure. 11 Signs It's Time to Let Go of a Relationship. Letting go of someone you love is painful — even if it is draining you, holding you back, blinding you to

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your true self, or
worse yet, toxic or
abusive. The
decision threshold
is different for
every individual.

[Letting Go of
People: Why It's
So Hard & the
Right Way to ...](#)

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Letting go is not the same as trying to make oneself stop thinking about it. And while there's not a five-step, easy-peasy plan for letting go, we can learn how to do it. Open mobile menu

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[How to Let Go of
Someone You
Love | Keen](#)
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In his piece
“Learning to Let
Go of Past Hurts:
5 Ways to Move
On“, PsychCentral
founder and CEO
John Grohol says
that making the

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decision to let go
is the first step to
healing. “Things
don ...

[How to Let Go of
Someone, 6 Tips
to Move Forward](#)

Love is Letting Go
of Fear has guided
millions of readers

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toward self-healing
with this deeply
powerful yet
profoundly simple
message.

Embrace it with an
open mind and an
open heart and let
it guide you to a
life in which fear,
doubt, and
negativity are

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replaced with
Third Edition
optimism, joy, and
love. Paperback -
131 pages

[Let Go: Inspiration
to move through
the fear of letting
go](#)

Let's look at how
to let go of the

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reasons we hold
onto possessions:

Sentimental: The
truth is, neither our
love for the
person, nor their
love for us, nor our
memories, are in
the possession.

The love is in us,
and so are the
memories. Letting

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go of the
possession

doesn't mean we
lose the love or the
memories.

[letting go - Best
Sad Poems | Sad
Poems and Poetry
| Lover ...](#)

Letting Go Of A

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Loved One Not
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knowing what to
say when my sister-
in-law was to be
removed from life
support, I wrote
this to bring with
me to the hospital.
I read it there,
which was a
beautiful way to let
her go -- and it

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was included in
her funeral
program as well as
read when her
casket descended
into the earth.

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