

Let Go Now: Embracing Detachment - Karen Casey

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A companion book to Codependence and the Power of Detachment, Let Go Now provides reminders and meditations to make detachment a regular practice. From one of the reigning queens of recovery, Karen Casey. Not reacting to people or situations that provoke us is not an easy skill to develop. And skill it is. Just as you have to hit thousands of tennis balls to become a skilled tennis player or sit for long hours at a keyboard to become proficient at piano, you have to practice the art of detachment. We have to convince ourselves that not reacting doesn't mean we don't care. On the contrary, Casey shows us, we are freed to show genuine love and care only when we can detach from the kneejerk need to fix or solve or rescue. Even the idea that someone else can make us feel happy (or beautiful or angry or exasperated) is an illusion, says Casey. All our feelings come from within, and we get to choose how to respond to life. No one can give or take that from us. These facts are among the keys to our emotional well being. This little book with its brief meditations, will help us practice letting go of the illusion that we can fix or control anyone or anything else, and focus on finding our own balance point. It gives us a lifeline when we find ourselves giving in to the temptation to rescue or enmesh. Author: Casey, Karen Publisher: Conari Press Illustration: N Language: ENG Title: Let Go Now: Embracing Detachment Pages: 00224 (Encrypted EPUB) On Sale: 2010-08-01 SKU-13/ISBN: 9781573244664 Category: Self-Help : General Category: Self-Help : Codependency

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