



The Little Book of Letting Go: Cleanse your Mind, Lift your Spirit, and Replenish your Soul

Hugh Prather

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"Letting go is the bottom-line key to happiness," states Hugh Prather. And in *The Little Book of Letting Go*, he offers a simple 3-step process for shedding prejudices, preconceptions, and pre-judgments and facing each moment with openness and enthusiasm. Prather first explains why it is essential to learn to let go and then outlines a 30-day plan for spiritual renewal. Finally, he offers specific techniques for getting a grip on habitual reactions, the need to control, and the addiction to conflict.

In this little book on mental cleansing, Prather uses personal stories as well as step-by-step exercises to help readers understand the rewards and the process of letting go. For example, in the section on letting go of guilt and hurtful actions, Prather suggests that for at least one day readers "rise from sleep and make your purpose only this: 'I will go through this day harmlessly. I will hurt no one in my thoughts or in my actions, including myself.'" Prather also includes instructions on how to let go of mental pollutants, misery, prediction and control, and spiritual specialness.

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Lisa Mercado:

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