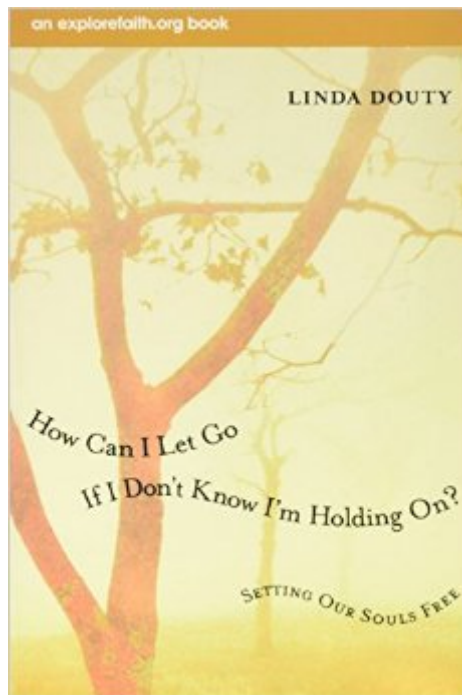


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# How Can I Let Go If I Don't Know I'm Holding On?: Setting Our Souls Free (Explorefaith.Org)



## Synopsis

Letting go isn't just saying good-bye to people, places, and things, as important as they may be. It's also about letting go of attitudes and ideas, such as perfectionism, resentment, worry, and judgmentalism-that keep us from growing in our relationships with God and others. Letting go is crucial to our spiritual and emotional health. In *How Can I Let Go If I Don't Know I'm Holding On?*, Linda Douty examines a variety of letting-go struggles and offers ways to move on to a deeper spirituality. Weaving together her own experiences and the stories of others, she offers strategies for letting go of the things that keep us from a deeper relationship with the Divine. With practical suggestions and updated versions of spiritual classics such as lectio divina, plus questions for study and reflection, this book is a rich resource for personal spiritual growth as well as for group study.

## Book Information

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## Customer Reviews

I agree with the previous reviewer. This book taught me so many things about how hanging on to past losses, failures, relationships, concepts and beliefs can be so unhealthy for us as human beings. Douty relates her own personal experiences as a way to help people feel they are not alone in these struggles. This book is very brave, honest account of how hanging on to the past can greatly impede our potential for peace and serenity in the present. This book was difficult for me to read at first because of the emotions involved and the extent to which I need to let go of so many things. But Douty comes out on the other side with lessons learned and a personal sense of inner

peace that I aspire to every day. I highly recommend this book to anyone who is committed to travelling the sometimes frightening path to wholeness. This book will fill you with hope.

Tremendous, compelling writing. I couldn't put it down. I could relate to so many of the stories in this book. It talks a lot about bettering your relationship with God, but it is about so much more than that. There's something in this book for virtually everyone.

Our church book study group has read and discussed a large number of books in the last several years and this book provided the material to spark the deepest and most soul searching reading and discussion we have ever experienced. None of us being perfect, we found that all of the areas that the author explored were painful to many of us also. We appreciated that the end of the book gave concise guidelines on how to let go, and that the author was so painfully honest about the areas of her life she needed to let go.

Entertaining and thoughtful. Used for book discussion at senior living center. Great response.

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