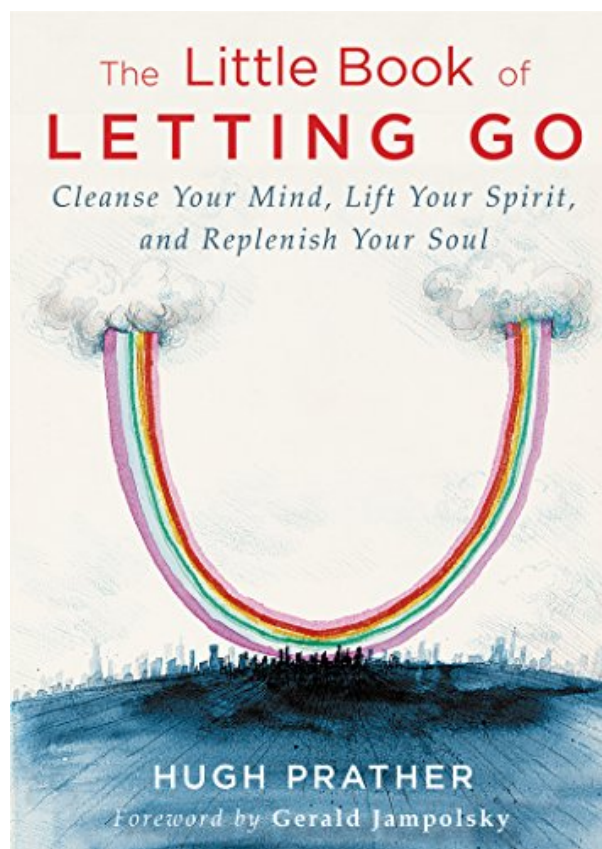
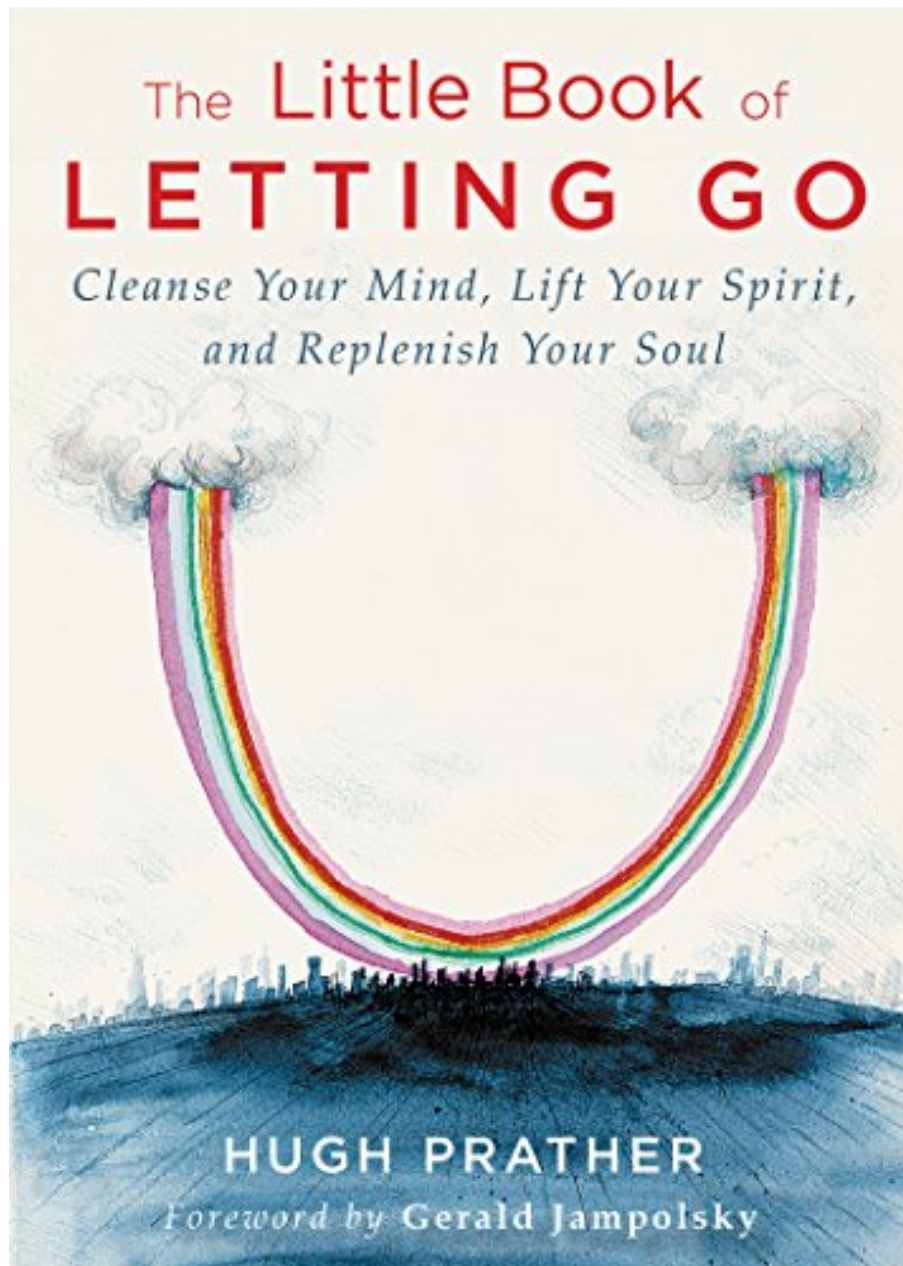


**THE LITTLE BOOK OF LETTING GO:
CLEANSE YOUR MIND, LIFT YOUR SPIRIT,
AND REPLENISH YOUR SOUL BY HUGH
PRATHER**



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Amazon.com Review

Bestselling author Hugh Prather has a knack for putting his finger on the pulse of America's emotional and spiritual angst. In *The Little Book of Letting Go* he gives voice to the internal chatter that prevents us from enjoying or pursuing our true desires. "Within our human heart we all feel the call to be simple, to be present, to be real," Prather writes. "Yet throughout the day, the world urges us to be at war with ourselves and each other: 'Be resentful about the past.' 'Be anxious about the future.' 'Be dissatisfied with what you do see.' 'Be guilty.' 'Be important.' 'Be bored.'" Prather compares these thoughts to the stale clutter in the back of our refrigerators. By cleaning out our minds, we allow room for fresher and more nourishing foods for thought.

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 includes numerous similar kinds of assignments in all of his chapters, including how to let go of..."Mental Pollutants," "Misery," "Prediction and Control," and "Spiritual Specialness." --Gail Hudson

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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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By smt

Truly life changing suggestions that are easy to initiate. Very logical and interesting narratives. If you've ever had an ah ha moment that you needed to change something about yourself but had no idea how to make that happen, this book can help. Really appreciate his suggestions for how to truly forgive someone. Has saved me from much lingering bitterness and grief. This is a spiritually based approach but not steeped in any sort of doctrine. You may not readily notice.

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By Laurie

I have read Hugh Prather's works for 30+ years. I always feel better after reading his thoughts. I recommend his writings to anyone who wants comfort for the soul.

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