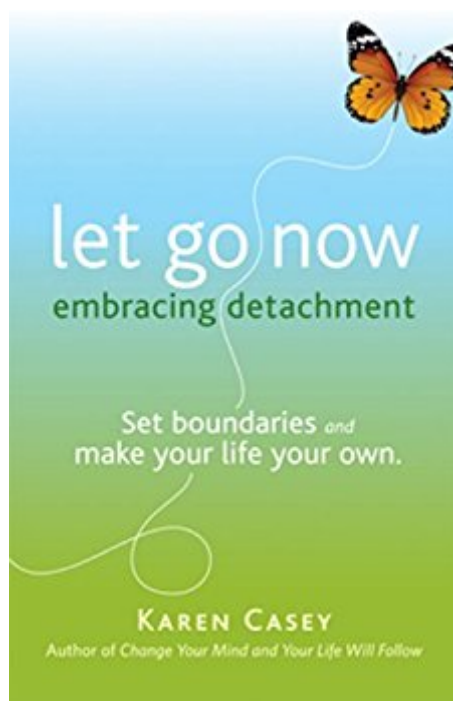


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Let Go Now: Embracing Detachment



Synopsis

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.

Book Information

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Customer Reviews

As a person seeking more peace in her life, particularly in her relationships with others, I have often been "guided" to "practice" detachment. Let Go Now brings to life (and more importantly to the millions of minutes that make up our lives) just what it means to DO (action word!) just that. This book is repetitive, in the most positive sense of the word...read it, absorb it, reflect on it, and the payoff of peace is yours. Not a sea change, but little by little, contentment and serenity will creep in and replace the angst and drama that accompanies letting the lives of others affect us too much. Like eating truffles, I nibbled and savored this book. As I read it I kept thinking about the expression, "what you resist, persists". I hope I will not resist this book's message. At its core it is about ACCEPTANCE. I believe that by ACCEPTING its message I can become more of the person I want to be in my relationships.

LET GO NOW HAS BEEN ONE OF THE MOST HELPFUL BOOKS WE HAVE WORKED OUR WAY THROUGH ON DETACHMENT. WE ARE IN OUR 70'S AND HAVE DEALT FOR MANY YEARS WITH OUR DAUGHTER WHO IS BIPOLAR, A RECOVERING ALCOHOLIC, OCD, NOW PHYSICALLY AND MENTALLY HANDICAPPED. WE HAVE NEVER READ A BETTER BOOK ON WORKING THROUGH TO DETACH FROM (NOT WITHDRAW FROM) OUR STRUGGLES WITH HOW TO DEAL WITH IT AND LIVE A HAPPY LIFE IN SPITE OF IT. IT HAS THE SPIRITUAL ASPECT WHICH WAS IMPORTANT FOR US TOO. WE FEEL THIS AUTHOR KNOWS JUST WHAT WE ARE EXPERIENCING AND DOES HELP US KNOW HOW TO MANAGE IT. WE READ IT TOGETHER AND HELP EACH OTHER IN THIS TOO. YOU WILL BE BLESSED BY THIS BOOK. JOYCE

Karen Casey has outdone herself once again in her newest book "Let Go Now- Embracing Detachment." She has condensed many excellent recommendations regarding "detaching with love" in her one page daily thoughts on detachment. The book is well written and can be savored one page at a time , or in groups of pages with a similar theme. It presents each concept in a variety of perspectives for a better understanding and acceptance of the detachment theme. I highly recommend this book for all of us co-dependents, but feel it is very beneficial for anyone working on having healthy relationships in their lives. Thank you, Ms. Casey, once again for your enlightening words of wisdom.

I bought the book to see if it would help me to be less sensitive to other people and to worry less

about whether I was meeting everyone's expectations of me. It has helped me to accomplish that. It has helped me tremendously by also putting things in the right perspective and is filled with so much good wisdom. I feel that anyone could benefit in some way by reading this book.

I began reading with high hopes. I think there is a great message if you are a God fearing christian. So far I cannot relate to her struggle with alcohol as a base for the strategy but the strategy could be helpful. The problem for me is that she refers to God for everything and the answer to everything. As I don't subscribe to that philosophy The repeated use of this as a reference distracts me and discredits it all for me. I wonder if she could just replace that word throughout the book with the "Universal energy", or your "higher power". Make a reference somehow to suggest that God is not the only answer but indeed that is what the book is about. I wish I would have known that as I would not have bought the book. I will never get through it. If you believe that God is the answer then you should read this book. Otherwise, leave it on the shelf as you will be turned off.

I enjoyed this book but I am not a religious individual or one with a substance abuse problem. I am merely interested in detachment in a spiritual way and want to learn as much as I can. I believe this book was still very helpful though it was centered around AA teachings.

I have always been a fan of Karen Casey, so when this book recently came out, I quickly purchased it from . I started reading it this past weekend on a plane trip, and the tears just poured down my cheeks. This book deals so beautifully with the issues surrounding "attachment," which I have struggled with all my life. I am still reading the book, very slowly, so I can digest every idea and suggestion. I want to savor every page. This book is truly life-changing, and I highly recommend it.

This book cuts to the chase! Clear, simple, well-written, and very helpful in my everyday life. There is a lot of common sense to be had here, common sense that the world we live in seems to try to erode at every turn. A daily dose of Let Go Now helps keep me grounded and at peace.

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