

I Love You Enough To... Let You Go

By Jim McGregor

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84 page, 5 1/2 x 8 1/2 , soft cover book of profound spiritual messages about letting go. This helpful little book has reached thousands of readers over the years and has proven to be a useful tool for healing difficult relationships, especially ones involving addiction, divorce, parent/child relations, and death. Jim McGregor's contemplations lead one through the process of letting go of a loved one with unconditional love. By doing so, those individuals involved in the relationship can find a life of freedom and dignity. This inspiring book grew from twenty simple, but powerful statements that miraculously came to Jim in just twenty minutes as he reflected on the concept of "letting go." Overwhelming positive feedback reveals that I Love You Enough To Let You Go touches and even changes lives. Outstanding black and white photographs by nature photographer Janie Bullard also grace the pages.

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Editorial Review

Review
"I Love You Enough To Let You Go has helped me to find the freedom to love with honesty, courage, dignity, and humility. Jim McGregor's thoughts make me feel safe to breathe slow and easy." -- *Marianne Yaun, Mother and Widow*

"I Love You Enough To Let You Go is a comprehensive practical guide to creating healthy relationships. The insights are so rich and well stated that I didn't want the book to end." -- *Mary Pratt, Publisher, Thought Trends*

"I have used this treasure in my clinical practice for years, asking clients to read it to each other, and use it as a guide for healthy loving." -- *Ellen Singer, M.Ed., Marriage and Family Therapist*

"When change occurs I Love You Enough To Let You Go will help one to move from weakness into strength, from sorrow into joy, and from confusion into understanding." -- *Jack Boland, Minister*

From the Publisher
I Love You Enough To Let You Go has proved to be invaluable as a guide in learning the hard lesson of how to let go of others and develop healing relationships. Not only is this book popular with individual readers, but it is also a welcome adjunct to treatment by counselors, churches, and recovery centers, including such notables as Betty Ford's and Sierra Tucson's. Positive feedback continues to reach us almost daily since the book's first publishing-- comments from readers, booksellers, and caregivers such as:

"It is the perfect gift for our children, spouses, special friends--and not to overlook ourselves," California bookstore manager.

"Again I thank you for your wonderful 'I Love You Enough' material. Already, it has been of help to many people in our congregation," Florida minister.

"Your book continues to bless the people I work with. You share such healing, comforting, and releasing truths. The depth of the love and experience behind those truths is evident!" North Carolina caregiver.

"The nature of your journey and studies and reflections so honestly presented in your book took on a special significance upon my resignation. Nothing could have been more timely or better suited. I can't begin to tell you how comforting it was to glean the calm and stability from your writings," Georgia retiree.

From the Author
I Love You Enough To Let You Go offers a spiritual and practical approach to relationships and everyday existence. Sometimes the need to grow comes out of hardship; sometimes it comes from the simple awareness that things are not quite right--that there must be more to life.

Visualize for a moment a garden filled with weeds or a life filled with "weeds" that are preventing healthy growth. This book addresses the problem of removing the "weeds."

Letting go is both the process and the end result of healthy growth. To let go is to recognize and affirm the

dignity of every individual, including one's self.

Letting go a little is a relief. For some, simple relief is enough.

Letting go a lot is freeing. Venturing further, others strive to apply these principles constantly in their lives, often with the help of various programs and disciplines.

Letting go completely is bliss. Achieving a universal state of being allows individuals to recognize the natural ebb and flow in all existence. Actions and decisions come to them, and they know that these actions and decisions are perfect not only for them, but for the universe as a whole.

It is my hope is that my little book will be a positive experience for you as you travel along your spiritual path.

Users Review

From reader reviews:

Robert Zamora:

What do you with regards to book? It is not important along? Or just adding material if you want something to explain what your own problem? How about your extra time? Or are you busy person? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Every individual has many questions above. The doctor has to answer that question simply because just their can do which. It said that about guide. Book is familiar in each person. Yes, it is appropriate. Because start from on kindergarten until university need this particular I Love You Enough To... Let You Go to read.

Eric Fincher:

The publication with title I Love You Enough To... Let You Go has lot of information that you can study it. You can get a lot of benefit after read this book. This specific book exist new understanding the information that exist in this reserve represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This kind of book will bring you within new era of the internationalization. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

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