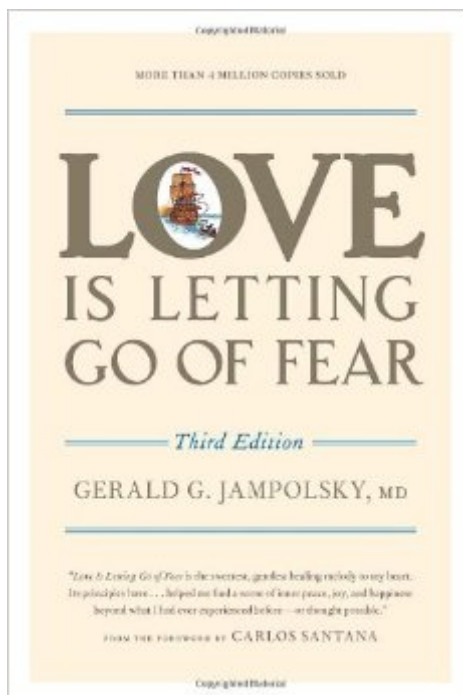


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# Love Is Letting Go Of Fear, Third Edition



## Synopsis

After more than thirty years, *Love Is Letting of Fear* continues to be among the most widely read and best-loved classics on personal transformation. Both helpful and hopeful, this little gem of a guide offers twelve lessons to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned all over the world as the founder of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the impediments to the life we long for are nothing more than the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is ultimately a matter of releasing those limited--and limiting--thoughts and setting our minds free. *Love Is Letting of Fear* has guided millions of readers along the path of self-healing with its deeply powerful yet profoundly humble message. Embrace it with an open mind and a willing heart and let it guide you to a life in which negativity, doubt, and fear are replaced with optimism, joy, and love.

## Book Information

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## Customer Reviews

This deceptively simple book has been a powerful aid to me. Gerald Jampolsky has been able to do what no other author before him seemed able to do. He has helped me to move from a theoretical understanding of what it takes to achieve peace to actually EXPERIENCING peace. Even David R. Hawkins, whose writing I value very highly, did not have the effect on me that Jampolsky did. The key, which I finally GOT from Jampolsky, is that peace is a CHOICE. He says that, to achieve peace, you have to make peace your SINGLE GOAL. Once you've chosen peace as your single goal, you have to make forgiveness your SINGLE FUNCTION. Forgiveness previously was very

difficult for me, virtually impossible in fact. But eventually, as they say in Alcoholics Anonymous, I got so sick and tired of being sick and tired that I finally was willing to let go. Once I said, "I can't stand this anymore," and decided that I wanted peace more than anything else, I found it surprisingly easy to do what it took to get it. I am doing the daily exercises in this book, and I'm feeling happy. I do have moments when I slip back into one negative emotion or another. But, as soon as I'm aware that has happened, I remind myself of the current day's exercise. I find that I bounce back to being happy again very quickly. This book is a one-size-fits-all aid for any so-called "problem." I find it helps right across the board. If you want to supplement Jampolsky's generic book with advice that's tailored to a specific issue, I can recommend "Healing and Recovery" by David R. Hawkins. There you will find a menu from which to choose. If you find just one of Hawkins' stand-alone chapters helpful, it's worth getting your hands on his book.

I was reading the reviews that gave this book one or two stars and I thought that they were rating it poorly because they felt misled and did not find that their lives were transformed by reading it. I say books cannot transform our lives, that is up to us. Not everyone will like this book or find that it serves any purpose in their life and that is okay, they will find another message in another way and like each of us, will heed or ignore it, as is human nature. I found this book quite by accident about nine years ago, when I was in a bookstore killing time waiting for a friend. I was not looking for a "self-help" book, I was just looking. I had recently begun a new relationship and since fear of loving is something I am familiar with, I picked it up from the shelf. It was not what I expected. I had heard about and was intrigued by A Course in Miracles but given my short attention span, I was not confident I would get through all 365 lessons. I am the person who says "just bullet point it for me". So given that this book was 160 pages (with lots of pictures), I figured I could read it quickly and I was right. This book would bullet point A Course in Miracles to 12 easy lessons, yay! They are simple but following them does take constant practice. But let me tell you that there is nothing revelational in this book, it is not an intellectual study of love and fear, and it will not replace your fear with love. It is simply a small primer that has served to remind me of what I can focus on to be happier, peaceful and kinder. Well I read the book and there were a lot of things that made sense so I started to practice the lessons, which went well in most areas of my life, unfortunately the one area I never seemed able to apply these lessons is on the roads.

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