

## Get Book

## HOW DO I LET GO: COPING WITH LIFE'S CHANGES BOTH GOOD AND BAD (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Mind Sciences - How Do I Let Go is an amazing book dealing with the science behind a person's inability to let go of things in life that are harmful whether it is a bad relationship, a physical object, a belief, an addiction, habit or compulsion. How Do I Let Go takes into account and encompasses how to let go, to let go, let go...

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- Authored by Dr Harry Jay
- Released at 2014

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