

***The Little Book Of Letting Go A Revolutionary 30 Day Program To
Cleanse Your Mind Lift Spirit And Replenish Soul Hugh Prather***

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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.

The Little Book of Letting Go: Cleanse your Mind, Lift ...

"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, pre-conceptions and pre-judgments and facing each moment with openness and enthusiasm.

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