

John Purkiss

The Power of Letting Go

How to drop everything that's
holding you back

not at



The Power In Letting Go

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The Power In Letting Go:

The Power of Letting Go John Purkiss, 2020-02-06 Life changing Sara Makin Founder CEO of Makin Wellness If you learn to let go your life will take off When you let go you live intuitively Everything flows because you are no longer attached to things being a certain way to being a certain person or always being right What a relief The irony is that when you feel stuck in any area of your life career relationships purpose health or money letting go can seem very hard You cling on for dear life just at the moment you need to take the leap In *The Power of Letting Go* John Purkiss explains why we should let go and how we can do it using proven techniques to make things happen The stages of letting go Be Present and Enjoy Each Moment Let Go of the Thoughts that Keep You Stuck Let Go of the Pain that Runs Your Life Surrender and Tune into Something Far More Intelligent than Your Brain

The Power in Letting Go Calvin Miller, 2003 Calvin Miller walks us through what it means to let go of all that can strangle our joy for life and to let God have ultimate control Back cover

The Power of Letting Go Pam Vredevelt, 2009-02-19 It's Time to Really Live Is this your best life Or is it your just getting by life Passion and dreams can wilt under the weight of worry and disappointment that life brings Oh but the power that comes with letting go Reclaiming your life and getting back on track is what God wants for you In *The Power of Letting Go* licensed professional counselor Pam Vredevelt comes alongside to help you eliminate the barricades that have kept happiness and contentment from your door Through biblical teaching and drawing on twenty years of counseling experience her wisdom and practical guidance will lead you to peace of mind and tranquillity of heart Are You Clinging to an Ending or Preparing for a New Beginning Do you feel like you somehow missed the life you were meant to have Do you miss YOU Maybe you know exactly what it is or maybe you can't quite put your finger on it but you know something's got to change And that it must begin with finding the courage to take that first step No matter what your circumstances there is a sure way to overcome life's heartaches and face your tomorrows with hope and peace The power is in letting go With biblical wisdom life coach Pam Vredevelt helps you take that first step and then all the steps to breaking down the barriers once and for all She'll show you how to move forward into the life of freedom and happiness that you were meant to have the life God created you for Pam's writing speaks to the place where people are living With sensitivity and insight Pam gently prompts the reader to take a new direction She brings hope and healing where before there was only darkness H Norman Wright Counselor and author of *Recovering from Losses in Life and Why Did This Happen to Me* Story Behind the Book After twenty years of counseling experience Pam Vredevelt LPC pinpointed the one question that the majority of her clients all shared How do I let go of the negative emotions weighing me down Now in *The Power of Letting Go* she writes as someone who's been there someone who's experienced for herself the freedom of resolving nagging emotions lingering from the past Words from this life coach go a long way as her primary passion is equipping the hurting in order to get unstuck and back on track progressing toward the life of freedom that God promises to every one of His children

The Power of Letting Go: Why

Not Wanting Something is as Good as Having It Genalin Jimenez, Letting go is often viewed as a sign of weakness or defeat but in reality it can be an incredibly empowering act The power of letting go lies in the freedom it brings freedom from attachment from expectation from disappointment When you release your grip on something you desire you open yourselves up to new possibilities and experiences In fact not wanting something can be just as fulfilling as actually having it This concept can be applied to many aspects of your life including relationships career aspirations and personal goals By embracing the power of letting go you can find peace and contentment in the present moment and you can create space for growth and new opportunities in the future More inside this little volume Get your copy now *The Power of Letting Go* Kenisha Laurent,2025-09-06

The Power of Letting Go Jennifer Handerson,2024-05-08 A movement towards inner freedom THE POWER OF LETTING GO by Jennifer Handerson is more than just a book It emphasizes that we discover strength in letting go and that fresh starts can be found in the gap This book gives a ray of hope and a path to real happiness regardless of where you are in life in the thick of regret or on the verge of change Release the hold that the past has over you embrace your inner strength and soar gracefully and resiliently into the future In this book Jennifer Handerson offers helpful insights which will be of great help to individuals and they include Liberation of release Freeing yourself from life constraints Embracing change The Nature of change Letting go vs Holding on This book is a must read for anyone who s stuck to their past lives and hasn t been able to embrace change I can assure you that after reading this helpful book your life will be transformed

Blessed Not Broken Tamara Mitchell-Davis,2022-03-07 It takes strength to hold on It also takes an enormous amount of strength to let go and sometimes letting go is better than holding on Making the decision to release and let go begins with acknowledgment and then choosing to face deal with and move through emotions situations and circumstances It is not easy and most times a painful journey Once you do though the freedom to pursue your true happiness as your best and highest self will make you question why it took you so long In this book six extraordinary women tell their stories of how they let go of pain resentment toxic relationships labels anger and more Each author courageously opened her life and story to share with you how she overcame obstacles because all she wanted more than anything was to be healed loved happy and whole May you be inspired by their words and blessed by their stories Blessed Not Broken the Power of Letting Go

The Power of Letting Go Vivian Ivy,2023-11-04 Are you prepared to learn the transformational power of letting go and finally free yourself from the bonds of past hurts Take a journey of self discovery healing and personal empowerment with The Power of Letting Go Moving Beyond the Hurt and Embracing the Bigger Picture a thought provoking and empowering book This book examines the profound effects that letting go can have on our lives drawing on insightful analysis and helpful suggestions It explores the psychological spiritual and emotional facets of letting go of hurt resentment and attachments that no longer serve us Through thought provoking readings life changing activities and effective tactics you will acquire the knowledge and perspective required to accept the greater picture of your life However this book goes beyond

theory alone It poses difficult queries that will compel you to delve deeply into your own experience How has your growth been impeded by holding onto past hurts Which beliefs or fears have kept you mired in the same routines You ll address these issues head on and gain clarity and insight along the way with reflective exercises and thought provoking prompts The Power of Letting Go provides guidance on how to go through the healing and letting go process You ll learn how to forgive others as well as yourself build resilience and practice self compassion You will discover the keys to accepting the current moment letting life take its course and building a fulfilling future with each chapter The transformational potential of seeing the wider picture is also covered in this book You will discover the countless opportunities that present themselves when you let go of the hurts of the past and embrace the present by changing your point of view You will see the profound impact that letting go can have on relationships careers and general well being through motivational tales of personal growth and real life examples For individuals prepared to take back control of their lives change the course of their stories and move toward a future characterized by happiness fortitude and genuineness The Power of Letting Go Moving Beyond the Hurt and Embracing the Bigger Picture is for you This book will give you the tools to let go of the past and embrace the transformational power of letting go whether your goals are healing from a painful breakup letting go of past traumas or simply longing for personal growth Is your mind set on pursuing a path of self actualization recovery and self determination You have the ability to release control and see the wider picture The time has come for you to take charge of your life The Power of Letting Go Daniel J. Martin,2024-06-04 7 Simple Steps to Free Yourself from Your Emotional Burden Discover How to Let Go of the Past and Embrace a Happy Future Full of Possibilities It is part of human nature to develop attachments to the things around us There s no doubt that at some point in your life you have clung to something a memory a mistake a grudge a loss or even a relationship Numerous studies have shown that holding onto the past creates a domino effect that can negatively impact your daily life and future In other words clinging to something that should have stayed in the past can ruin your life What if I told you that there is a simple method to free yourself from the emotional chains of the past With this 7 step method you will learn how to free yourself from the past let go of what needs to be forgiven and forgotten and finally move towards a fuller and happier future Thanks to The Power of Letting Go you will achieve Freeing yourself from your chains Understand what you are holding onto and identify the reasons why you do so This will also help you reconnect with your true self Finding inner peace Learn techniques to control your thoughts and find some calm amidst the chaos Creating a brighter and more promising future Look at tomorrow with optimism and start embracing each moment You will begin to live in the present with a happier heart and a more serene mind in no time And much more Whether you have clung to that something for a few months or for ten long years this book is for you The Power of Letting Go will be your essential guide to freeing yourself from emotional bonds and finding the inner peace and fulfillment you long for Click Buy Now and start your journey towards emotional liberation and fulfillment today **The New Way** ,1911 **The Power of Letting Go** Melissa J

Powell,2024-11-15 The Power of Letting Go Are you ready to break free from the emotional and mental chains holding you back The Power of Letting Go is a transformative journey that empowers you to release what no longer serves you and embrace a life filled with purpose peace and possibility This book guides you through understanding attachment identifying toxic patterns and learning the art of surrender Discover how to turn pain into growth forgive yourself and others and invite abundance into your life Let go of the past step into your true potential and live a life of freedom and joy The Power of Letting Go is more than just a book it s a path to liberation and the start of a beautiful new chapter **The New Way**

Herbert Coryn,Percy Leonard,1916 *The Power of Letting Go* Christelle Chartier,2024-08-11 Discover the Life Changing Power of Letting Go Your Journey to Emotional Freedom In a world filled with constant challenges and ever changing circumstances it s easy to get caught up in feelings of anxiety disappointment and regret Our book The Power of Letting Go offers you the tools and insights to break free from these emotional burdens By embracing radical acceptance and learning how to let go you can finally enjoy a life filled with peace happiness and authenticity What This Book Will Help You Achieve Find emotional freedom Learn how to let go of the pain and frustration caused by loss change and disappointment Forgiveness made easy Discover the power of forgiveness as a key to moving on and finding peace within yourself Letting go of anger Release the anger that holds you back and unlock the door to happiness and fulfillment Stop overthinking Break the cycle of rumination and the negative spiral that keeps you trapped in anxiety Live authentically Embrace your true self and create a life that aligns with your values and desires The Benefits of Embracing Letting Go Our book is not just another self help guide it s a companion on your journey to personal freedom and self discovery Here are some of the key benefits you will gain from reading The Power of Letting Go 1 Emotional Freedom and Inner Peace By letting go of the emotional baggage you ve been carrying you ll finally enjoy a sense of peace and contentment that may have eluded you for years This freedom allows you to live fully in the present moment without being weighed down by the past 2 Greater Resilience in the Face of Change Life is full of unexpected twists and turns but with the tools you ll learn in this book you ll be better equipped to handle loss change and disappointment Embracing radical acceptance empowers you to move forward with confidence knowing that you can handle whatever comes your way 3 Healing from Past Hurts and Trauma We all carry wounds from the past but holding onto them only prolongs the pain This book will guide you through the process of letting go of past hurts and finding the healing you need to move on with your life 4 Clarity and Focus in Your Life When you re no longer bogged down by overthinking and the negative spiral you ll gain the clarity you need to make decisions that align with your true self This newfound focus will help you live authentically and pursue your goals with renewed energy and purpose 5 Strengthened Relationships and Connections By letting go of anger and practicing forgiveness you ll open yourself up to deeper more meaningful relationships Whether you re working to heal a relationship or looking to build new connections this book will show you how to cultivate love compassion and understanding in all areas of your life Take the First Step Toward a Better

Life There s no better time than now to start your journey toward emotional freedom and personal growth The Power of Letting Go is more than just a book it s your guide to overcoming the challenges that hold you back and embracing a life filled with courage love and happiness Whether you re dealing with loss change and disappointment or simply looking to live authentically this book will provide you with the tools you need to succeed *THE CLOUDS THAT LIFTED AND THE POWER OF THE DEAD* MAURICE MAETERLINCK,1923 **Letting Go with Love** Julia H.,1987 Letting Go With Love is a book of tools for those who love a practicing or recovering alcoholic addict and who don t know what to do don t know where to turn and aren t even sure that tools for recovery exist **Mind** ,1901 The Power of Letting Go Exercises CLAIRE. TORRENS,2025-09-12 Letting go is one of the hardest and most freeing things we can do This workbook brings John Purkiss s teachings to life with structured exercises that help you release control shed limiting beliefs and embrace peace Through journaling prompts mindfulness practices and step by step letting go challenges you ll learn how to detach from the weight of past pain expectations and fears Each exercise guides you toward clarity lightness and inner freedom If you re ready to stop holding on to what no longer serves you this workbook is your practical path to living with openness and serenity

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Table of Contents The Power In Letting Go

1. Understanding the eBook The Power In Letting Go
 - The Rise of Digital Reading The Power In Letting Go
 - Advantages of eBooks Over Traditional Books
2. Identifying The Power In Letting Go
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Power In Letting Go
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Power In Letting Go
 - Personalized Recommendations
 - The Power In Letting Go User Reviews and Ratings
 - The Power In Letting Go and Bestseller Lists
5. Accessing The Power In Letting Go Free and Paid eBooks

- The Power In Letting Go Public Domain eBooks
 - The Power In Letting Go eBook Subscription Services
 - The Power In Letting Go Budget-Friendly Options
6. Navigating The Power In Letting Go eBook Formats
- ePub, PDF, MOBI, and More
 - The Power In Letting Go Compatibility with Devices
 - The Power In Letting Go Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of The Power In Letting Go
 - Highlighting and Note-Taking The Power In Letting Go
 - Interactive Elements The Power In Letting Go
8. Staying Engaged with The Power In Letting Go
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Power In Letting Go
9. Balancing eBooks and Physical Books The Power In Letting Go
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Power In Letting Go
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Power In Letting Go
- Setting Reading Goals The Power In Letting Go
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Power In Letting Go
- Fact-Checking eBook Content of The Power In Letting Go
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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