



## Letting Go: The (Sometimes Messy) Art of Relinquishment

*Jean M. Baker*

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With vivid storytelling, self-deprecating humor and brutally honest tales of agonizing loss, Baker openly shares her life lessons about when and how to release the things, beliefs, and even people that are keeping you stuck. Journey with her as she learns to stop the emotional hoarding and the subsequent pain that comes from refusing to let go, replacing it instead with trust and a willingness to relinquish that which is no longer moving her forward.

## **Letting Go: The (Sometimes Messy) Art of Relinquishment Details**

Date : Published July 2015 by self-published

ISBN : 9781514867488

Author : Jean M. Baker

Format : Paperback 254 pages

Genre :



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