

The Language of Letting Go



Millions of individuals have recovered from codependency through the guidance of this perennial bestseller. The Language of Letting Go, written by the author of Codependency No More and Beyond Codependency, reflects on the core issues of codependency and encourages listeners to trust themselves on their journey to self-care. Beattie fills each meditation with personal warmth and insight, allowing people to continue creating healthy relationships and recover from their grapple with codependency.

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