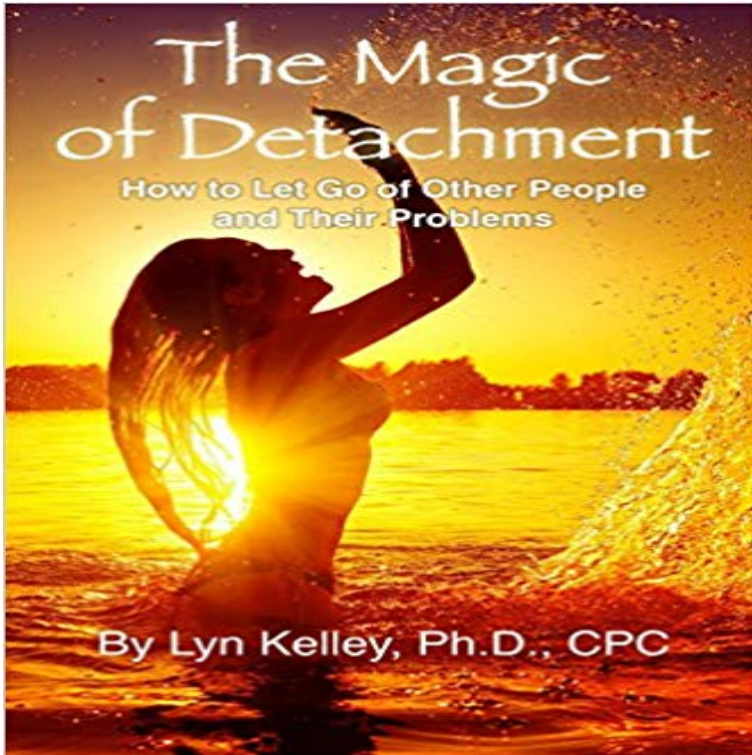


# The Magic of Detachment: How to Let Go of Other People and Their Problems



Dr. Lyn has struggled with the concept of detachment and letting go her entire life, and she finally got fed up with OPPs (other peoples problems)! She shares with you exactly how to detach with compassion, what to say to yourself, what to say aloud, and how to pull out of the situation while avoiding conflict and the emotional rollercoaster. Youll learn how to protect yourself with spiritual empowerment, how to show genuine love and concern, while detaching from your emotions. This book is a must-read for anyone who is struggling with OPPs. Heres what youll get: How I Stopped Being a Whipping Post Recovering People-Pleasers I Just Want to Feel Good What Is Detachment and How Do You Do It? Highly Sensitive People Detached Concern How to Protect Yourself from People Who Hurt You Whats Really Wiping out All Your Energy If One More Person Tells Me They Need Me I Will Scream! The Six Toxic People in Your Life and How to Handle Them Emotional Vampires Controllers Manipulators Moochers Drama Addicts The 11 Best Ways to Manage Toxic People Are You Putting Yourself Last? Validators vs. Invalidators Why Others Sabotage Us and How to Handle Them How to Handle Criticism without Anguish Choose Your People Well Your 4 Guiding Forces and How to Use Them Why You Worry and How to Stop It 10 Tips for Handling Anxiety Navy Seals Stress Relief Tactics Fix the Broken Windows and Clean up Your Life Create a Strategy Choose Every Battle Have High Standards Why Detach? The 3 Main Obstacles to Detachment and How to Overcome Them Letting Go of People from our Past How to Confront Your Tightest Bonds Co-Dependent Meets Narcissist The Bad Match Co-Dependency vs. Empathy The Cure: Respect, Reality and Reciprocity Enabling Actual Helping Behaviors Boundaries That Promote Intimacy Stop the Insanity! Get Fed Up!

What to Do When Youve Reached Your Breaking Point How to Not Crack Under Stress Tough Love When to Amputate Normal Stages of Grieving 8 Tips for Dealing with Other Peoples Problems The Four Magical Words to Deal with Resistance Creating Authentic Power Turn Learned Helplessness into Learned Empowerment Your 10 Signature Strengths How to Be Compassionate Yet Detached Spiritual Empowerment Peace of Mind and Stillness of Heart Lessons from a Butterfly Forgiveness How to Let Go and Let God We Are All One Yet Separate Create Space for Your Own Best Life Self-Focus What Oprah Knows for Sure Finding Your Purpose Hope Is a Thing With Feathers Be Filled Up With Yourself Positive Affirmations are Your Magic Words Spiritual Practice Let It Go Roar!

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