

# The Moment Of Letting Go By J A Redmerski

The Optimist's Guide to Letting Go  
 Loving and Letting Go  
 Compassionate Leadership  
 Holding On and Letting Go  
 Frost Trilogy 3  
 Letting Go  
 The Power of Letting Go  
 Letting Go  
 Letting Go: Surrender Trilogy Book 1  
 The Key to Being a Good Mom  
 The Secret to Letting Go  
 Letting Go of Nothing  
 FREE PREVIEW - The First 5 Chapters plus Bonus Material  
 Letting Go of the Person You Used to Be  
 Letting Go of Productivity Guilt  
 How to drop everything that's holding you back  
 Breaking a Legend  
 Let Go Now  
 The Summer of Letting Go  
 The Language of Letting Go  
 The Pathway of Surrender  
 Cleanse Your Mind, Lift Your Spirit, and Replenish Your Soul  
 Fairhope, #4  
 Follow Your Heart  
 Embrace Detachment as a Path to Freedom  
 Letting Go  
 Relax Your Mind and Discover the Wonder of Your True Nature  
 Free Yourself from Your Past, Change Your Present & Get What You Really Want  
 The Knife of Never Letting Go  
 The Fear of Letting Go  
 Live, Eat, Be  
 Letting Go  
 A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul  
 Present, Not Perfect  
 The Sacred Art of Letting Go  
 Letting Go  
 Letting Go of the Thief  
 Art of Holding On and Letting Go  
 Letting Go of the Past to Live in the Moment  
 Lessons on Change, Loss, and Spiritual Transformation

*The Moment Of Letting Go By J A Redmerski*

Downloaded from [blog.gmercyu.edu](http://blog.gmercyu.edu) by guest

## ALINA FOLEY

[The Optimist's Guide to Letting Go](#) Outskirts Press

How to release productivity guilt and embrace the hidden values in our daily lives. Any given day brings a never-ending list of things to do. There's the work thing, the catch-up thing, the laundry thing, the creative thing, the exercise thing, the family thing, the thing we don't want to do, and the thing we've been putting off, despite it being the most important thing. Even on days when we get a lot done, the thing left undone can leave us feeling guilty, anxious, or disappointed. After five years of searching for the secret to productivity, Madeleine Dore discovered there isn't one. Instead, we're being set up to fail. I Didn't Do the Thing Today is the inspiring call to take productivity off its pedestal—by dismantling our comparison to others, aspirational routines, and the unrealistic notions of what can be done in a day, we can finally embrace the joyful messiness and unpredictability of life. For anyone who has ever felt the pressure to do more, be more, achieve more, this antidote to our doing-obsession is the permission slip we all need to find our own way.

[Loving and Letting Go](#) Balboa Press

A dystopian thriller follows a boy and girl on the run from a town where all thoughts can be heard – and the passage to manhood embodies a horrible secret. Todd Hewitt is the only boy in a town of men. Ever since the settlers were infected with the Noise germ, Todd can hear everything the men think, and they hear everything he thinks. Todd is just a month away from becoming a man, but in the midst of the cacophony, he knows that the town is hiding something from him -- something so awful Todd is forced to flee with only his dog, whose simple, loyal voice he hears too. With hostile men from the town in pursuit, the two stumble upon a strange and eerily silent creature: a girl. Who is she? Why wasn't she killed by the germ like all the females on New World? Propelled by Todd's gritty narration, readers are in for a white-knuckle journey in which a boy on the cusp of manhood must unlearn everything he knows in order to figure out who he truly is.

[Compassionate Leadership](#) The Moment of Letting Go

Keeping secrets can test love to its limits. How will Nick react when he discovers Mia isn't quite the girl he thinks she is? Will Nick let Mia into his head as well as his heart and lay his ghosts to rest? Can they find their way to their Happy Ever After?

[Holding On and Letting Go](#) Penguin

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

[Frost Trilogy 3](#) Createspace Independent Publishing Platform

After more than thirty years, *Love Is Letting of Fear* continues to be among the most widely read and best-loved classics on personal transformation. Both helpful and hopeful, this little gem of a guide offers twelve lessons to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned all over the world as the founder of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the impediments to the life we long for are nothing more than the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is ultimately a matter of releasing those limited--and limiting--thoughts and setting our minds free.

*Love Is Letting of Fear* has guided millions of readers along the path of self-healing with its deeply powerful yet profoundly humble message. Embrace it with an open mind and a willing heart and let it guide you to a life in which negativity, doubt, and fear are replaced with optimism, joy, and love.

[Letting Go](#) Elephant Rock Books

*Daily Meditations to Help You End Codependency* "In 200 short, straightforward daily lessons illustrating the many forms that detachment can take in one's life. Casey's latest is an easy reference guide for those seeking recovery or peace." —Publishers Weekly End codependency now. Do you ever feel like you might be giving other people too much power over your mood? Do you find yourself feeling immobilized by expectations and demands? The cure for codependency is detachment, says Karen Casey, best-selling author of over forty books that have helped fans around the world. Letting go. When we remove codependent relationships and codependent behavior from our lives, we discover a life of balance and freedom. Detach from emotions and circumstances that are not in your control. Find your balance point and learn how to reach it, whether you find yourself tempted to become enmeshed in other people's problems or rushing to their rescue. Letting life in. Is where we are intentional? Why is every moment an opportunity? Using 200 meditations, Karen reminds us that we cannot control anyone or anything beyond ourselves. Inspiring and easy to read, *Let Go Now* guides us away from taking care of others, and toward taking care of ourselves. If you agree that recovery works and enjoyed other codependency books like *Codependent No More*, *Journey to the Heart*, or *The Language of Letting Go*; you'll love Karen Casey's *Let Go Now*.

[The Power of Letting Go](#) Dead River Books

I met Brock Callahan at eleven, fell in love at fifteen and lost him at eighteen. One moment, one single instance can change the course of your life, but I picked myself up, brushed myself off, and took that first step knowing it would be the hardest. Years later, tired of existing but not living, I quit my job in Manhattan, sold my condo and moved to a log cabin in Wyoming. When I wake in the bed of Killian Reid, mistaken for a one-night stand, I never imagined I'd fall for the man. But I did. Not at first; a slow fall, so gradual I didn't realize I was no longer falling. I'd been given a second chance at a happily ever after. And then Brock Callahan walks back into my life.

[Letting Go](#) Harmony

After a quarter century, *LOVE IS LETTING GO OF FEAR* is still one of the most widely read and best-loved books on personal transformation and has become a classic all over the world. This helpful and hopeful little guide is comprised of twelve carefully crafted lessons that are designed to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned founder and teacher of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the only impediments to the life we yearn for are the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is a matter of releasing those limited and limiting thoughts. *LOVE IS LETTING GO OF FEAR* has guided millions of readers toward self-healing with this deeply powerful yet profoundly simple message. Embrace it with an open mind and an open heart and let it guide you to a life in which fear, doubt, and negativity are replaced with optimism, joy, and love.

[Letting Go: Surrender Trilogy Book 1](#) Algonquin Books

How long do you hold on? Cori Elliott likes order. Her schedule, her social life...even her GPA is perfect. Then she finds out her high school boyfriend's death wasn't an accident—it was suicide. The devastating revelation is enough to fracture her perfectly structured life, sending Cori in a downward spiral of self-doubt and impulsive decisions. And right into the arms of Luke Evans. But Cori's life isn't perfect anymore. In fact, it's all coming apart. The only way she can save herself is to let go of everything—including the girl she used to be. Even if it means losing the one guy who might just be perfect for her in the process... Each book in the *Love on Campus* series is a STANDALONE: Book 1: *Letting Go* Book 2: *Wanting More*

[The Key to Being a Good Mom](#) Candlewick Press

'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 Secret to Letting Go](#) Hay House, Inc

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

[Letting Go of Nothing](#) Hazelden Publishing

Leadership is hard. How can you balance compassion for your people with effectiveness in getting the job done? A global pandemic, economic volatility, natural disasters, civil and political unrest. From New York to Barcelona to Hong Kong, it can feel as if the world as we know it is coming apart. Through it all, our human spirit is being tested. Now more than ever, it's imperative for leaders to demonstrate compassion. But in hard times like these, leaders need to make hard decisions—deliver negative feedback, make difficult choices that disappoint people, and in some cases lay people off. How do you do the hard things that come with the responsibility of leadership while remaining a good human being and bringing out the best in others? Most people think we have to make a binary choice between being a good human being and being a tough, effective leader. But this is a false dichotomy. Being human and doing what needs to be done are not mutually exclusive. In truth, doing hard things and making difficult decisions is often the most compassionate thing to do. As founder and CEO of Potential Project, Rasmus Hougaard and his longtime coauthor, Jacqueline Carter, show in this powerful, practical book, you must always balance caring for your people with leadership wisdom and effectiveness. Using data from thousands of leaders, employees, and companies in nearly a hundred countries, the authors find that when leaders bring the right balance of compassion and wisdom to the job, they foster much higher levels of employee engagement, performance, loyalty, and well-being in their people. With rich examples from Netflix, IKEA, Unilever, and many other global companies, as well as practical tools and advice for leaders and managers at any level, *Compassionate Leadership* is your indispensable guide to doing the hard work of leadership in a human way.

[FREE PREVIEW - The First 5 Chapters plus Bonus Material](#) Hachette UK

For a Limited Time, download the first book in this bestselling, completed series FREE! She'll have to let go of the past in order to find a love that could last a lifetime. When she first moved to Fairhope, Jenna Lewis had one goal. To disappear. To become a stranger to everyone who knew her before, including her parents. (Okay, especially her parents.) To tell the truth, she doesn't want anyone in Fairhope to know about her past, either. For years, she's managed to keep the two things separated. Lately, though, things are starting to change. She's making friends, putting down roots, doing well in school. Those big walls she put around her heart are starting to weaken. Which is exactly the worst time for her to start believing in fairytales. And Preston Wright—the town's most suddenly eligible billionaire? He's exactly that. A fairytale. True love doesn't exist for people like her, and the sooner she can convince him of that, the better off they'll both be in the long run. Only, fate keeps pulling them back together. And Preston isn't at all the heartless rich guy she thought he was. Should she dare to dream of a better future? Or should she start running before her haunted past finally catches up? This is Book 4 of the Fairhope series. While each book can be read as a stand-alone, some characters, interactions, and events will be more meaningful if you follow this series from the beginning. The series is now complete! Book 1: *The Trouble With Goodbye* (FREE!!) Book 2: *The Moment We Began* Book 3: *A Season For Hope* Book 4: *The Fear of Letting Go* Book 5: *A Life With No Regrets* Book 6: *The Trouble With I Do*

[Letting Go of the Person You Used to Be](#) Mango Media Inc.

A remarkable program for shedding emotional baggage and embracing the present, from the host of the popular radio program "The David Viscott Show."  
[Letting Go of Productivity Guilt](#) Zondervan

Related with *The Moment Of Letting Go* By J A Redmerski:

- Restorative Art Mortuary Science : [click here](#)

*Rock Bay: Book Two* Drew McAuliffe has lived in the small town of Rock Bay most of his adult life.

He'd like to be happy, but not at the cost of having his private life under his nosy neighbors' microscope, so he keeps his bisexuality under wraps. After a messy breakup that caused him to pack up and move to Astoria, on the Oregon coast, Mason Anderson decides to avoid drama of the romantic kind. All he wants is to start over alone. But Drew and Mason were meant to meet. The long looks and awkward half hellos chance offered were never going to be enough. But when they do finally come together on the worst night possible, misconceptions and problems from their pasts get in the way. Until Mason learns to trust again and until Drew learns to let go of who he thinks he is a real connection is nothing but a pipe dream.

[How to drop everything that's holding you back](#) Createspace Independent Publishing Platform

When our expectations are met and things go according to plan, we feel a sense of accomplishment; we feel safe, in control, and on track. But when life does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of disappointment is profoundly uncomfortable and can cost us valuable time and energy if not treated and leveraged effectively. Christine Hassler has broken down the complex and overwhelming experience of recovering from disappointment into a step-by-step treatment plan. This book reveals the formula for how to process Expectation Hangovers on the emotional, mental, physical, and spiritual levels to immediately ease suffering. Instead of wallowing in regret, self-recrimination, or anger, we can see these experiences as catalysts for profound transformation and doorways that open to possibility. Often it is only when life throws us a curveball (or several) that we look in a different direction and make room for the kinds of unexpected things that lead more directly to a life we love. By the time you finish this book, you'll understand why your Expectation Hangover happened and have your own treatment plan — a clear course of action to pursue your goals while preventing future disappointment.

[Breaking a Legend](#) Harvard Business Press

For fans of E. L. James, Sylvia Day, J. Kenner and Meredith Wild. Are you ready to surrender to the powerful sensuality and erotic romance of No. 1 New York Times bestselling author Maya Banks and her sensational trilogy? Josslyn found perfection once; she knows she'll never find it again. Now widowed, she seeks the one thing her beloved husband couldn't give her: dominance. But at an exclusive club which indulges the most hedonistic of fantasies, she never imagined she'd find the one man who's long been a source of comfort - her husband's best friend. Dash has lived in an untenable position for years: in love with his best friend's wife but unwilling to act on that attraction. When he finds her in a club devoted to the darker edges of desire, he thinks she has no idea what she's getting herself into. Until she explains in detail what she wants. What she needs. If she wants dominance, he is the only man who will introduce her to that world. He is the only man who will touch her, cherish her...love her. And the only man she'll ever submit to. The exciting, steamy and emotional Surrender trilogy continues with *Giving In and Taking It All*.

[Let Go Now](#) Conari Press

People recovering from codependency, adult children of dysfunctional families, and those seeking healthier relationships will find welcome wisdom and inspiration in the first four *A Moment to Reflect* booklets, Hazelden's newest inspirational series for Twelve Step living. Each of these four take-along booklets contains 30 topical affirmations that guide us as we work to improve our relationships. The first four booklets in this series address setting boundaries, letting go, accepting ourselves, and living our own lives. The meditations within are dedicated to the important, often difficult task of releasing our old self-defeating attitudes and behaviors. We can move forward toward greater peace and serenity by letting go of the past and the future; obsessions with other people's feelings and problems; old guilt, shame, fear, and pain; destructive relationships; impatience; perfectionism; fearfulness; pessimism; and magical thinking. Letting go frees us to live in the present and build a better future. Without the weight of our old patterns of holding us back, we can move forward along our path of spiritual growth. We can reach for new healthier, happier ways of living.

[The Summer of Letting Go](#) Castle Point Books

[The Moment of Letting Go](#) Forever

[The Language of Letting Go](#) Celestial Arts

Past events haunt all of us and the future weighs heavy. Our what ifs, maybes, and not good enoughs paralyze us and prevent us from enjoying what we have right in front of us - the beauty of a sunset, accolades for a successful project, the smell of freshly baked bread, a good friend. We accept our past as who we are, and yet, we would all like to break out of that mold and truly enjoy life for what it is. *How To Live In The Present Moment, Version 2.0* will gently guide you through breaking the shackles of your debilitating thought patterns of the past and future and give you the tools to live in the Present Moment. The methods I describe will lead you through the unknown jungle of self-doubt and I will show you how you can forgive yourself and those around you so that you can move on to become who you truly are NOW, not who you were yesterday. I discuss how you can meaningfully plan for your future without getting bogged down in trying to predict what might happen. So take my hand and let's stroll down the path of self-discovery and celebrate the true and happy new you - the you who has been waiting patiently in the wings for you to discover how to live in the Present Moment and thus discover true happiness. It is time to break out of your self-imposed jail sentence to experience freedom of your body and mind using the power of the Present Moment! For more information on Spiritual Healing, go to: <http://www.rootscoaching.com>