

The Ecstasy Of Surrender 12 Surprising Ways Letting Go Can Empower Your Life

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--Bella New York In The Ecstasy of Surrender: 12 Ways Letting Go Can Empower Your Life [Dr. Orloff] puts her finger on the number-one behavior that leads to ever-increasing levels of stress in our lives: pushing through, forcing things, and trying to make things happen. This well-written, easy to read, highly practical book will be invaluable for anyone who works too hard, lacks balance, feels unhealthy, is stressed out, has dissatisfying relationships, or just wants to get more joy ...

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The Ecstasy of Surrender deserves to be studied by every serious student of recovery from addiction. Freedom from all types of addiction -- including substances, behaviors, people, and material things -- requires letting go, namely, letting go of that which enslaves. Surrender is the beating heart of 12-Step Recovery.

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