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Letting Go: How to Heal Your Hurt, Love Your Body and Transform Your Life (Paperback)

By Emma Woolf

Summersdale Publishers, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Life doesn't need to be a struggle. Letting go is the strongest thing I've ever done. `A practical and heartfelt guide to healing for anyone who has suffered from low self-esteem, a lack of confidence, or disordered eating. Woolf writes with intelligence, wisdom and compassion for a generation of women battling an enduring media onslaught of perfectionism. The fightback continues. Rhiannon Lucy Cosslett, *The Vagenda* `Psychology, philosophy and personal growth marvellously rolled into one, *Letting Go* is a must-read. This book shows us how to develop inner confidence, open new doors, and rediscover joy and meaning in our lives. Deanne Jade, psychologist and founder of the National Centre For Eating Disorders `Letting Go is not about giving up, but about letting freedom in. This brave and personal account shows us that the path to true liberation is through embracing our true selves, however flawed we fear they might be. Sally Brampton, author of *Shoot the Damn Dog* and columnist for *Top Sante* and *Psychologies* `A timely reminder that though we may take ourselves for granted at times, self-care is a divine responsibility. In Woolf...



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-- **Michale Shields**

This is the best book i have read until now. It can be filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Nadia Konopelski**

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