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In No More Letting Go, Jay argues that the traditional advice of "letting go" too often destroys both the addict and the family physically, emotionally, and spiritually. Jay contends that addiction is everybody's business-not just the addict's-and addiction doesn't have the right to trump the welfare of a family.

No More Letting Go: The Spirituality of Taking Action ...
No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction

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No More Letting Go is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction. About No More Letting Go "Detachment" has been the standard message of most addiction literature for the last twenty years.

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No More Letting Go is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction. A n exciting, cutting-edge book that will inspire families to know and act from a place of courage and power — allowing them to step outside the shadow of addiction, reclaim their lives, and effectively intervene with their loved ones.

No More Letting Go | Love First
Wayne Wonder's No Letting Go. OHNE Intro. + LYRICS! Got somebody she's a beauty Very special really and truly Take good care of me like it's her duty Want yo...

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In No More Letting Go, Jay argues that the traditional advice of "letting go" too often destroys both the addict and the family physically, emotionally, and spiritually. Jay contends that addiction is everybody's business—not just the addict's—and addiction doesn't have the right to trump the welfare of a family.

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About Us – No More Letting Go
no more letting go: the spirituality of taking action against alcoholism and drug addiction Published by Thriftbooks.com User , 13 years ago This book is a must in the world that we live in today.

No More Letting Go: The Spirituality of... book by Debra Jay
Pris: 169 kr. E-bok, 2007. Laddas ned direkt. Köp No More Letting Go av Debra Jay på Bokus.com.

"Detachment" has been the standard message of most addiction literature for the last twenty years. The conventional wisdom offered to an addict's loved ones has been to let the addict "hit bottom" before intervening. Now intervention specialist Debra Jay challenges this belief and offers a bold new approach to treating addiction that provides a practical and spiritual lifeline to families struggling with alcohol or drug abuse. In No More Letting Go, Jay argues that the traditional advice of "letting go" too often destroys both the addict and the family physically, emotionally, and spiritually. Jay contends that addiction is everybody's business—not just the addict's—and addiction doesn't have the right to trump the welfare of a family. In short, highly accessible chapters written with warmth, understanding, and compassion, Jay weaves together philosophical and religious thought; new science on the brain function of an addict; the physical and psychological impact of addiction on family members; and poignant, real-life family stories. No More Letting Go is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction.

"200 short, straightforward daily lessons" and meditations to help you end codependency: "An easy reference guide for those seeking recovery or peace" (Publishers Weekly). Do you ever sense you might be giving other people too much power over your mood? Do you find yourself feeling immobilized by other people's expectations? The cure for codependency is detachment, and in Let Go Now, bestselling author Karen Casey offers practical steps for implementing the principles of detachment in your life. When we remove codependent relationships and behaviors from our lives, we discover a life of balance and freedom. With two hundred meditations, Karen helps us realize 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.

This revised and expanded third edition of the gold-standard for intervention provides clear steps for harnessing the power of family, friends, and professionals to create a better future with loved ones suffering from addiction. Over the course of the last twenty years, Love First has become the go-to intervention guide for tens of thousands of families. This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help. Updated with the latest addiction science as well as insights gained from decades of front-line experience in family interventions, this revised and expanded edition contains practical tools for taking the next step together: transforming the intervention team into an ongoing community of loving support, lasting accountability, and lifelong recovery.

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency.Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent—and you may find yourself in this book--Codependent No More.The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness.Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

"This second edition of It Takes a Family helps families and friends step beyond initial intervention and reinvent their relationships as part of a family recovery team to help their loved one avoid relapse and support sobriety. Through a Structured Family Recovery model, with strategies and exercises designed to create transparency and accountability, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and enjoying healthier, happier relationships. With detailed instructions for weekly family meetings-including opening and closing statements, thoughtful discussion topics, suggested readings, and specific assignments-It Takes a Family offers much-needed support to family members and their addicted loved ones as they work together to create and sustain lifelong recovery"--

Counselor and interventionist Debra Jay shows alcoholics, other addicts, and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobriety Counselor and interventionist Debra Jay shows alcoholics, other addicts, and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobrietyMost books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. In It Takes a Family, Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.In straightforward, compassionate language, she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery. Together, family members address the challenges of enabling, denial, and pain while developing their communication skills through practical, easy-to-follow strategies and exercises designed to create transparency and accountability. With this invaluable guide, family members work together as they reinvent their relationships without the all-consuming dysfunction of active addiction.

Everyone Emily has ever loved has been brutally murdered. The killer has never been caught, but Emily knows who's responsible. She is. It's the only possible explanation. Emily is the one thing all the victims have in common, which can only mean that someone—or something—is killing them to make her suffer. Determined never to subject another person to the same horrible fate as her parents, friends, and pets, Emily sequesters herself at a private boarding school, keeping her classmates at a distance with well-timed insults and an unapproachable air. Day after day, she loses herself in the writing of Emily Dickinson—the poet makes a perfect friend, since she's already dead. Emily's life is lonely, but it's finally peaceful. That is, until two things happen. A corpse appears on the steps of the school. And a new girl insists on getting close to Emily—unknowingly setting herself up to become the killer's next victim.

Describes a means to let go of the obstacles to Enlightenment and become free of negativity.

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