



I Love You Enough To... Let You Go

By Jim McGregor

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I Love You Enough To... Let You Go By Jim McGregor

84 page, 5 1/2 x 8 1/2 , soft cover book of profound spiritual messages about letting go. This helpful little book has reached thousands of readers over the years and has proven to be a useful tool for healing difficult relationships, especially ones involving addiction, divorce, parent/child relations, and death. Jim McGregor's contemplations lead one through the process of letting go of a loved one with unconditional love. By doing so, those individuals involved in the relationship can find a life of freedom and dignity. This inspiring book grew from twenty simple, but powerful statements that miraculously came to Jim in just twenty minutes as he reflected on the concept of "letting go." Overwhelming positive feedback reveals that I Love You Enough To Let You Go touches and even changes lives. Outstanding black and white photographs by nature photographer Janie Bullard also grace the pages.

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Editorial Review

Review

"I Love You Enough To Let You Go has helped me to find the freedom to love with honesty, courage, dignity, and humility. Jim McGregor's thoughts make me feel safe to breathe slow and easy." -- *Marianne Yaun, Mother and Widow*

"I Love You Enough To Let You Go is a comprehensive practical guide to creating healthy relationships. The insights are so rich and well stated that I didn't want the book to end." -- *Mary Pratt, Publisher, Thought Trends*

"I have used this treasure in my clinical practice for years, asking clients to read it to each other, and use it as a guide for healthy loving." -- *Ellen Singer, M.Ed., Marriage and Family Therapist*

"When change occurs I Love You Enough To Let You Go will help one to move from weakness into strength, from sorrow into joy, and from confusion into understanding." -- *Jack Boland, Minister*

From the Publisher

I Love You Enough To Let You Go has proved to be invaluable as a guide in learning the hard lesson of how to let go of others and develop healing relationships. Not only is this book popular with individual readers, but it is also a welcome adjunct to treatment by counselors, churches, and recovery centers, including such notables as Betty Ford's and Sierra Tucson's. Positive feedback continues to reach us almost daily since the book's first publishing-- comments from readers, booksellers, and caregivers such as:

"It is the perfect gift for our children, spouses, special friends--and not to overlook ourselves," California bookstore manager.

"Again I thank you for your wonderful 'I Love You Enough' material. Already, it has been of help to many people in our congregation," Florida minister.

"Your book continues to bless the people I work with. You share such healing, comforting, and releasing truths. The depth of the love and experience behind those truths is evident!" North Carolina caregiver.

"The nature of your journey and studies and reflections so honestly presented in your book took on a special significance upon my resignation. Nothing could have been more timely or better suited. I can't begin to tell you how comforting it was to glean the calm and stability from your writings," Georgia retiree.

From the Author

I Love You Enough To Let You Go offers a spiritual and practical approach to relationships and everyday existence. Sometimes the need to grow comes out of hardship; sometimes it comes from the simple awareness that things are not quite right--that there must be more to life.

Visualize for a moment a garden filled with weeds or a life filled with "weeds" that are preventing healthy growth. This book addresses the problem of removing the "weeds."

Letting go is both the process and the end result of healthy growth. To let go is to recognize and affirm the

dignity of every individual, including one's self.

Letting go a little is a relief. For some, simple relief is enough.

Letting go a lot is freeing. Venturing further, others strive to apply these principles constantly in their lives, often with the help of various programs and disciplines.

Letting go completely is bliss. Achieving a universal state of being allows individuals to recognize the natural ebb and flow in all existence. Actions and decisions come to them, and they know that these actions and decisions are perfect not only for them, but for the universe as a whole.

It is my hope is that my little book will be a positive experience for you as you travel along your spiritual path.

Users Review

From reader reviews:

Joseph Navarro:

What do you concentrate on book? It is just for students as they are still students or it for all people in the world, what best subject for that? Just simply you can be answered for that concern above. Every person has diverse personality and hobby for every other. Don't to be compelled someone or something that they don't would like do that. You must know how great and also important the book I Love You Enough To... Let You Go. All type of book could you see on many methods. You can look for the internet options or other social media.

Barbara Figueroa:

Nowadays reading books be a little more than want or need but also turn into a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The details you get based on what kind of reserve you read, if you want attract knowledge just go with education books but if you want feel happy read one together with theme for entertaining like comic or novel. The particular I Love You Enough To... Let You Go is kind of reserve which is giving the reader unforeseen experience.

Wesley Binns:

As a college student exactly feel bored in order to reading. If their teacher questioned them to go to the library or make summary for some publication, they are complained. Just very little students that has reading's internal or real their leisure activity. They just do what the educator want, like asked to go to the library. They go to there but nothing reading critically. Any students feel that looking at is not important, boring and can't see colorful images on there. Yeah, it is being complicated. Book is very important for you. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this I Love You Enough To... Let You Go can make you experience more interested to read.

Roger Cooper:

What is your hobby? Have you heard in which question when you got students? We believe that that issue was given by teacher to their students. Many kinds of hobby, All people has different hobby. And also you know that little person such as reading or as looking at become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to add you knowledge, except your own teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you choose to use be your object. One of them are these claims I Love You Enough To... Let You Go.

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