

How To Let Go

Summer 2012

This pathfinder may be useful in finding information about letting go of the need to control.

Resources

Books

Losing Control Finding Serenity: How the Need to Control Hurts Us And How to Let It Go.

Ebb and Flow Press (2011) by Daniel A. Miller

Little Book of Letting Go, The: A Revolutionary 30-Day Program to Cleanse Your Mind, Lift Your Spirit and Replenish Your Soul.

Conari Press (2000) by Hugh Prather

The Language of Letting Go.

Hazelden Meditation Series (1990) by Melody Beattie

Finding Your Strength in Difficult Times

(2003) by David Viscott

Websites

LiveSTRONG is a website with a variety of articles about many topics. Go to

www.livestrong.com. Type in "letting go" in the search box.

Click on the title "Letting Go: Uncontrollables and Unchangeables."

American Cancer Society – Cancer Survivor's Network is an online discussion board where you can post messages about your experience to other survivors and they can respond.

Go to: <http://csn.cancer.org>

Exactly Right Life is a website that encourages people to discover what they want in their individual lives. It also offers a free "Letting Go Meditation" that is an .mp3 format and can be listened to from any computer. Go to www.exactlyrightlife.com. Click on "Get More" then click on "Free Downloads." Choose the "Letting Go Meditation."

Where to Find These

Visit your local library

Use the library computers or ask the librarian to help you find these resources.

Puck Learning Resource Center

www.opac.libraryworld.com Use Puck LRC for login – no password

Cleveland Public Library

www.CPL.org

Cuyahoga County Public Library

www.cuyahogalibrary.org

World-wide library catalog

www.worldcat.org

This Pathfinder is a suggested list of books and websites and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.