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Boundaries emerge from deep within. They are connected to letting go of guilt and shame, and to changing our beliefs about what we deserve. As our thinking about this becomes clearer, so will our boundaries.

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Go back to the Steps. Go back to a Step. When we don't know what to do next, when we feel confused, upset, distraught, at the end of our rope, Go back to a Step. When we don't know what to do next, when we feel confused, upset, distraught, at the end of our rope,

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Go in gentleness, go in peace. Do not be in so much of a hurry. At no day, no hour, no time are you required to do more than you can do in peace. Do not be in so much of a hurry.

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Letting Go of Self-Criticism. Look how far we've come! It's good to focus on the task ahead, on what remains to

be done. It's important to stop and feel pleased about what we've accomplished too.

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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.

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The Language of Letting Go by Melody Beattie Quotes and

Today, I will affirm that all is well around me, when all is well within. Melody Beattie We do not lead others into the Light by stepping into the darkness with them.

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The Language of Letting Go Hazelden Meditation Series

About the Author. Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions.

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