



Let It Go: 12 New Steps for Tapping The Power of Your Mind to Overcome Addiction with FasterEFT

By Marguerite Bonnett

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What if it was possible to free yourself from your addictions by making peace with your past? What can you do every day to create inner peace and serenity? Let It Go offers simple, yet profound answers to these questions. Addictive behavior is never about the behavior. Addiction is a coping mechanism created to escape and numb overwhelming negative emotions. Let It Go provides readers with a realistic look at how and why addictions get started, as well as an effective tool for overcoming addictive behaviors. Whether this is your first exploration of addiction or you've been looking for answers your whole life, this book will transform your relationship with yourself and the world around you. You'll discover what you can do today to calm the habitual thoughts and emotions that cause you to want to run. Author Marguerite Bonnett shows you how to let go of painful memories and automatic responses that keep you from living a happy and successful life. This book opens the door to personal power and freedom.

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Bradford Padgett:

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