



# The Secret of Letting Go

By Guy Finley

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Llewellyn is proud to present the revised and expanded edition of our best-selling self-help book, *The Secret of Letting Go* by Guy Finley. Featuring an attractive new cover and fresh material, this Finley classic has been updated inside and out.

With more than 200,000 copies sold, Guy Finley's message of self-liberation has touched people around the world. Discover how to extinguish self-defeating thoughts and habits that undermine true happiness. Exploring relationships, depression, and stress, his inspiring words can help you let go of debilitating anxiety, unnecessary anger, paralyzing guilt, and painful heartache. True stories, revealing dialogues, and thought-provoking questions will guide you toward the endless source of inner strength and emotional freedom that resides within us all.

"There is something profoundly healing in the way Guy Finley talks to us, as if he understands what we have gone through and what we are now capable of."  
?Hugh Prather, author of *Notes to Myself*

"Guy Finley is one of the most respected people in self-development because he guides the seeker's soul with common sense, humor, and ultimate spirituality."  
?Linda Mackenzie, general manager, HealthyLife.net

"Guy Finley's insights are an absolute goldmine of true wisdom . . . he is simply one of the best at describing the inner game and awakening to a higher level of self."?Karen King, co-founder, InnerHealingCompass.com

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## The Secret of Letting Go By Guy Finley Bibliography

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### Editorial Review

#### Review

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#### From the Publisher

"The Secret of Letting Go is a vital guide for anyone who wishes to break free from self-limiting beliefs and behaviors." - Peggy McColl, New York Times best-selling Author of Your Destiny Switch

"Guy Finley possesses a natural capacity to apply profound wisdom in everyday life situations." -- Michael Toms, New Dimensions World Broadcasting Network

#### About the Author

**Guy Finley's** encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most pressing personal and social issues?relationships, fear, addiction, stress/anxiety, peace, happiness, freedom?and lead the way to a higher life.

Guy is the best-selling author of *The Secret of Letting Go* and more than 36 other books and audio albums that have sold over a million copies in 16 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 20 years and has been a guest on over 400 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. His radio program, "Guy Finley Live," is a live chat that airs monthly on HealthyLife.net as part of the network's "Visionary Celebrity Host Series." His syndicated weekly radio program is aired on several international networks including Healthylife Radio Network, WorldTalkRadio Network, and Contact Talk Radio International. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.

Guy's career reached this point through a circuitous path. Born into a successful show business family, he is the son of Late-Night TV and radio pioneer Larry Finley. His childhood friends were the sons and daughters of the most famous celebrities in the world. As a young man Guy enjoyed success in a number of areas including composing award-winning music for many popular recording artists including Diana Ross, Debbie Boone, The Jackson 5, Billy Preston, The Four Seasons, as well as writing the scores for several motion pictures and TV shows. From 1970-1979 he wrote and recorded his own albums under the Motown and RCA recording labels.

Throughout his youth, Guy suspected there was more to life than the type of worldly success that led to the emptiness and frustration he saw among his own "successful" friends and colleagues. In 1979, after travels throughout North America, India and the Far East in search of truth and Higher Wisdom, Guy voluntarily retired from his flourishing music career in order to simplify his life and to concentrate on deeper self-

studies.

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at his non-profit Life of Learning Foundation headquarters in Merlin, Oregon. These classes are ongoing and open to the public.

## **Users Review**

### **From reader reviews:**

#### **Alan Williams:**

This The Secret of Letting Go is great reserve for you because the content that is full of information for you who else always deal with world and possess to make decision every minute. That book reveal it data accurately using great manage word or we can say no rambling sentences included. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but hard core information with beautiful delivering sentences. Having The Secret of Letting Go in your hand like having the world in your arm, info in it is not ridiculous just one. We can say that no e-book that offer you world with ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt that?

#### **Thomas Hodge:**

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#### **Evelyn Rogers:**

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#### **Jack Murray:**

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