



Letting Go Moments to Reflect: A Moment to Reflect

Veronica Ray

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People recovering from codependency, adult children of dysfunctional families, and those seeking healthier relationships will find welcome wisdom and inspiration in the first hour A Moment to Reflect booklets, Hazelden's newest inspirational series for Twelve Step living. Each of these four take-along booklets contains 30 topical affirmations that guide us as we work to improve our relationships. The first four booklets in this series address setting boundaries, letting go, accepting ourselves, and living our own lives. The meditations within are dedicated to the important, often difficult task of releasing our old self-defeating attitudes and behaviors. We can move forward toward greater peace and serenity by letting go of the past and the future; obsessions with other people's feelings and problems; old guilt, shame, fear, and pain; destructive relationships; impatience; perfectionism; fearfulness; pessimism; and magical thinking. Letting go frees us to live in the present and build a better future. Without the weight of our old patterns of holding us back, we can move forward along our path of spiritual growth. We can reach for new healthier, happier ways of living.

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