



More Language of Letting Go: 366 New Daily Meditations

Melody Beattie

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Relationships require tending—and who better to turn to in those moments of need than Melody Beattie, bestselling author of *Codependency No More* and *Beyond Codependency*? Melding essays and meditations, this book offers Beattie's reflections on the joys and challenges that relationships present every day. Distilling her compassionate insights on how best to nurture spiritual and emotional health, Beattie touches on questions of honesty and surrender, defensiveness and drama addiction, healthy communication and unhealthy tendencies. Her characteristically direct, unsentimental words give voice to the thoughts and feelings common to the men and women in recovery—and point the way to healing and hope by creating opportunities for reflection, affirmation, and change.

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