



# The Wisdom of Letting Go: The Path of the Wounded Soul

*Leo Booth*

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## The Wisdom of Letting Go: The Path of the Wounded Soul Leo Booth

How do we let go of the unhealthy situations in life that weigh us down and keep us from living in the moment?

With thought-provoking quotes, anecdotal essays, and comforting prayers, *The Wisdom of Letting Go* guides you toward a path of personal development through forgiveness and acceptance of yourself and others. Spiritual leader Leo Booth offers healing advice and inspirational messages on matters of love, codependency, spirituality, separation, divorce, sexism, racism, violence, sickness, and death. 'Letting go,' says Leo Booth, 'does not mean we don't care. Letting go is discovering a path beyond the pain, beyond the conflict. Letting go is finding a way to live life.' Clearly, there is wisdom in letting go, and this book endeavors to show you how to do it.

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