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Holding Tight Letting Go Living

Letting Go and Holding Tight may seem incompatible actions, but they are complementary suggestions for daily living that contribute mightily to sanity, sobriety, and serenity even on hard days, and especially on good ones. I have learned – and am still learning – to let go of alcohol and hold on tight to my higher power and the principles ...

Home - Letting Go and Holding Tight

Holding Tight, Letting Go offers the stories of 40 women and

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men as they struggle to come to terms with metastatic breast cancer. All aspects of dealing with the disease are covered here: from coping with the shock of recurrence and seeking information, to making treatment decisions, investigating alternative and complementary methods, and ...

Holding Tight, Letting Go: Living with Metastatic Breast

...

Holding too long and too tight? Letting go too soon and too easily? Includes down-to-earth descriptions of family systems and identity development and guidance on remaining an emotional anchor in children's lives as they launch toward independence.

Holding Tight-Letting Go: Raising Healthy Kids in ...

THE SECRET TO LETTING GO (When You're Holding On Too Tight)

It's been said that, "nothing lasts forever." Perhaps that's why

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we desperately hold on so tight. We know there is a cycle to life; that our youth vanishes, our children grow up, our parents age, and one day we will pass on. Yet, we [...]

THE SECRET TO LETTING GO (WHEN YOU'RE HOLDING ON TOO TIGHT ...

This letting-go and holding-on is a life-long challenge, a never-ending journey, a balancing-act for every human. To see the ephemeral nature of this existence, to embrace it in spite of that and then to loosen the strings and open your hands so that you can keep what you cherish and let it fly away at the same time-This is the leap into the ...

Day 74: Holding tight and letting go - Life in the Time of ...

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Starting Points Recognize that it's a normal part of growing up. Families have faced versions of this paradox across many walks of life,... Reflect on the interplay of these dynamics in your relationship. Holding tight and letting go are not necessarily in... Adjust as needed. Holding tight and ...

A Parenting Paradox--Holding Tight and Letting Go | Search ...

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Living with my past, and not in it, is a daily responsibility. It's a gift and a choice. Every day I disappoint myself – and hurt others, even when I pull off a couple of wise, kind, and useful “things.” So, today's meditation is spot on for living with my past and propensities: Achieving calmness and serenity is an inside job.

Living With a Past, Not in It - Letting Go and Holding Tight

Holding tight, while letting go... We grab hold of the eternal life, while letting go of our temporal life and thereby become grasped by the surrendered life... all the while, being clenched by the hands of Christ, as an eternally saved life!

Holding Tight, While Letting Go | Calvary Chapel Santee

Take up a spiritual practice. The deeper you go within, the more

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understanding you will have about why you are holding onto what you are holding onto. Diving deep will crack open self-discovery and allow the purging necessary for letting go. As the Founder of The Wellness Universe, I invite you to join me in this meditation. It's free and a ...

5 Life Changing Benefits of Letting Go * The Wellness ...

I'm on the precipice of letting go - all avenues I explore keep leading to that same outcome. It is sad b/c when it's good it's fantastic, but the majority of the time it is not fantastic. That's the hard part for me - letting go of all the bad is easy - letting go of the fantastic is close to beyond my capabilities at this point.

How to Practice Letting Go (When You Catch Yourself ...

We crush "the sweetest rose" by holding on too tight. Fine to enjoy a rose, its scent, its beauty—but one needs to hold it with sensitivity, so as not to destroy it. That's why, when we love

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someone deeply, passionately, truly, we need to learn to hold on and let go at the same time.

The Art of Holding on and Letting Go - Soul Progress

I've learned to let go and move more quickly into the next place. Angelina Jolie; All the art of living lies in a fine mingling of letting go and holding on. Havelock Ellis; I demolish my bridges behind me... then there is no choice but to move forward. Fridtjof Nansen; The beautiful journey of today can only begin when we learn to let go of ...

The 60 Best Letting Go Quotes - Planet of Success

Let Go and Let God, Even in a Pandemic Sober & Grateful July 13, 2020 July 14, 2020 Recovery & Faith No Comments A Slogan "Let go and let God" was one of the earliest suggestions I heard around the Al-Anon rooms.

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Recovery & Faith Archives - Letting Go and Holding Tight

Living sober means Give the little stuff to God, too. Now, I am getting better at letting go of little daily stuff – those thoughts that I can roll around and around the way a tumblebug rolls around you-know-what in the corral.

Living Sober - Letting Go and Holding Tight

Helen Keller's Formula for Living Well in Hard Times Sober & Grateful March 30, 2019 March 31, 2019 Recovery & Faith Helen Keller said, "Your success and happiness lies in you.

Slips Archives - Letting Go and Holding Tight

Knowing when to hold on and when to let go is a long standing challenge in (my) life. In some situations, if you hold on for a little bit longer, things will get better. In others, letting go is the best release. Of course, situation by situation dictates how the outcome will either be easier or not. You just can't know. There's

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not one easy rule. Always let go, and life will be easy ...

Aerial Silks' Lessons on Living: Holding On and Letting Go

I personally have learned so much about holding space for others (and myself) from Amy Wright Glenn, having taken her workshops and from reading her previous book and writings. Her background as a hospital chaplain, a birth doula and a death doula are depicted here, as she takes the reader into these sacred moments. Birth, death, dying, letting go.

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