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Letting Go: An Anthology of Attempts

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Letting Go: An Anthology of Attempts

Letting Go: An Anthology of Attempts
A fascinating collection of life stories told by 30 authors from eight countries. They write of their attempts to move beyond crippling grief, free themselves of haunting memories, get out from under abusive relationships. They tell of their struggles – often painful, sometimes funny - to let go of everything from a fear of horses, to old family homes, and piles of books and papers.

“The question in the air is: Does the inability to let go of ideas, people, places and things sometimes drag one down? I believe readers will find answers to that question in the many thoughtful essays in this collection, which show us that freeing oneself by letting go is not only possible but often necessary for enjoying the fullness of life. Via their stories, these fine writers give us valuable food for thought on letting go or, for those still not convinced, permission to stop forcing oneself to try.” From the Introduction by M. E. Hughes, editor

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