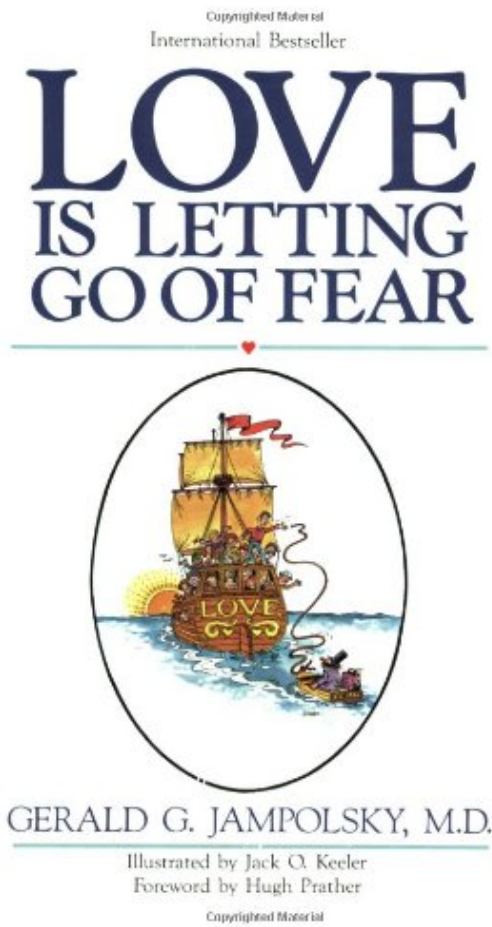


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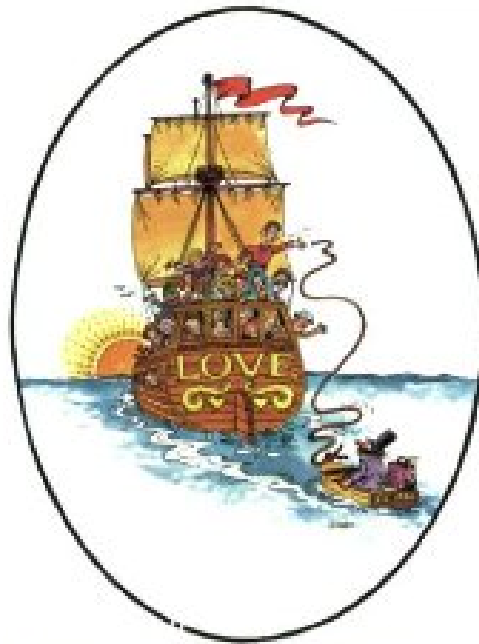
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GERALD G. JAMPOLSKY, M.D.

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"Jerry Jampolsky lives what he teaches. I know that this book comes from the precise center of his heart. I have seen him live every line of it for as long as I've known him." --Hugh Prather, author of Notes to Myself

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- \* The 25th anniversary edition of one of the groundbreaking classics in the transpersonal movement, with a new introduction by the author.
- \* Still one of the best books on self-transformation by virtue of its simple, direct message and its 12-lesson approach.
- \* Based on concepts from A Course in Miracles.
- \* More than 1 million copies sold.

## About the Author

Dr. Gerald G. Jampolsky, M.D., a graduate of Stanford Medical School, is a child and adult psychiatrist, and the author of more than a dozen books. He is also the co-founder of the International Center for Attitudinal Healing in Sausalito, California. Dr. Jampolsky and his wife, Diane Circincione, Ph.D., are international speakers and teachers. When they aren't traveling the globe, Jerry and Diane reside in Sausalito, California, and Kailua, Hawaii.

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After a quarter century, LOVE IS LETTING GO OF FEAR is still one of the most widely read and best-loved books on personal transformation and has become a classic all over the world. This helpful and hopeful little guide is comprised of twelve carefully crafted lessons that are designed to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned founder and teacher of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the only impediments to the life we yearn for are the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is a matter of releasing those limited and limiting thoughts. LOVE IS LETTING GO OF FEAR has guided millions of readers toward self-healing with this deeply powerful yet profoundly simple message. Embrace it with an open mind and an open heart and let it guide you to a life in which fear, doubt, and negativity are replaced with optimism, joy, and love.

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An Important Book for Everyone

By Katie

I purchased this book 4 years ago, after a car accident left me in chronic pain. At that time, I quite honestly didn't know how to handle the loss of my career, my hobbies & my independence - a lot to deal with all at once! Needless to say, I was scared beyond belief!!! Plus, since the accident was caused by another person who just wasn't paying attention, I had a seething anger toward this person who I didn't even know (and I still don't even know her name!).

Back then, someone recommended this book to me, and it was a tremendous help! The first time I read it, I just wasn't ready to let go of the negative feelings I was harboring - but a couple of years later I read it again, and it has made such a difference in my life!

In a nut shell, Dr. Jampolsky discusses the concepts of love and fear - defining fear as the absence of love. He shows how, in order for us to live a life filled with love, we have to let go of our fears - and to do this, we need to get rid of our need to analyze & contemplate the negative experiences of our past and the potential for negative events to occur in our future - we need to let go of the "what ifs". Stop waiting for the other shoe to drop.

Much of the info. included in this book is drawn from "A Course in Miracles", although you don't need to have an understanding of "the course" to gain from the insights in this book - I still haven't gotten around to reading "the course" myself.

If you like Marianne Williamson's writing, you'll definitely enjoy this book by Dr. Jampolsky.

0 of 0 people found the following review helpful.

LOVE WILL CONQUER.

By marie rava

I WOULD RECOMMEND LOVE IS LETTING GO OF FEAR TO ANY AND EVERYONE WHO WOULD LIKE A BOOK TO READ THAT ONCE YOU OPEN IT UP IT BRINGS YOU TO YOUR SAFE PLACE AND COMFORTS AND SOOTHES YOU IN EVERY WAY.

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a wonderful book

By Shellbie

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