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**If you learn to let go,
your life will take off.**

When you let go, you live intuitively. Everything flows, because you are no longer attached to things being a certain way, to being a certain person or always being right. What a relief. The irony is that when you feel stuck in any area of your life - career, relationships, purpose, health or money - letting go can seem very hard. You cling on for dear life just at the moment you need to take the leap.

In The Power of Letting Go, John Purkiss explains why we should let go and how we can do it, using proven techniques to make things happen.

The stages of letting go:

- Be Present and Enjoy Each Moment
- Let Go of the Thoughts that Keep You Stuck
- Let Go of the Pain that Runs Your Life
- Surrender and Tune into Something Far More Intelligent than Your Brain

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