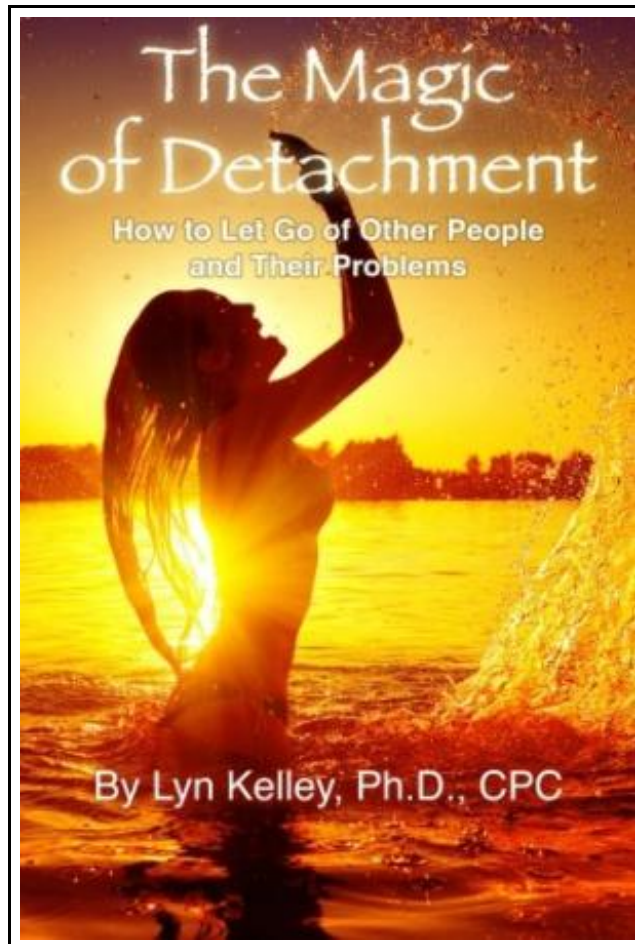


## The Magic of Detachment: How to Let Go of Other People and Their Problems



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dr. Lyn has struggled with the concept of detachment and letting go her entire life, and she finally got fed up with OPP s (other people s problems)! She shares with you exactly how to detach with compassion, what to say to yourself, what to say aloud, and how to pull out of the situation while avoiding conflict and the emotional rollercoaster. You ll learn how to protect yourself with spiritual empowerment, how to show genuine love and concern, while detaching from your emotions. This book is a must-read for anyone who is struggling with OPP s. Here s what you ll get: How I Stopped Being a Whipping Post Recovering People-Pleasers I Just Want to Feel Good What Is Detachment and How Do You Do It? Highly Sensitive People Detached Concern How to Protect Yourself from People Who Hurt You What s Really Wiping out All Your Energy If One More Person Tells Me They Need Me I Will Scream! The Six Toxic People in Your Life and How to Handle Them Emotional Vampires Controllers Manipulators Moochers Drama Addicts The 11 Best Ways to Manage Toxic People Are You Putting Yourself Last? Validators vs. Invalidators Why Others Sabotage Us and How to Handle Them How to Handle Criticism without Anguish Choose Your People Well Your 4 Guiding Forces and How to Use Them Why You Worry and How to Stop It 10 Tips for Handling Anxiety Navy Seals Stress Relief Tactics Fix the Broken Windows and Clean up Your Life Create a Strategy Choose Every Battle Have High Standards Why Detach? The 3 Main Obstacles to Detachment and How to Overcome Them Letting Go...

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