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No More Letting Go The

In No More Letting Go, Jay argues that the traditional advice of “letting go” too often destroys both the addict and the family physically, emotionally, and spiritually. Jay contends that addiction is everybody’s business—not just the addict’s—and addiction doesn’t have the right

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"Detachment" has
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addiction literature for
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The conventional

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wisdom offered to an addict's loved ones has been to let the addict "hit bottom" before intervening.

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No More Letting Go is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction. About No

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anyone affected by a family member's addiction. An exciting, cutting-edge book that will inspire families to know and act from a place of courage and power — allowing them to step outside the shadow of addiction, reclaim their lives, and effectively intervene with their loved ones.

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tried to post this awhile
ago but it doesn't seem
to have gone through
so I'll try again. I've
read this book and
recommended it to
families who were
dealing with addiction.
I think it's one of the
best things around. I'm
a therapist and have

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working a lot in the
addiction field. This
book basically says you
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**No More Letting Go:
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book by Debra Jay**

" No Letting Go " is a song by Jamaican reggae fusion artist Wayne Wonder. The song was written by Wonder and Steven "Lenky" Marsden, and produced by Marsden. It was included on Wonder's 2003 studio album No Holding Back and was released as

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the lead single from
the album.

No Letting Go (song) - Wikipedia

Based on the multi-award winning short film *Illness* (2013), *No Letting Go* (2015) follows the story of the Spencer family whose middle son, Timothy, struggles with anxiety, depression and mood disorder. As his symptoms become more and more

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debilitating, his parents are faced with painfully difficult choices that will change their lives forever.

**No Letting Go (2015)
- Plot Summary -
IMDb**

The more we can simply watch our thoughts come and go without attaching our identity to them, the easier letting go becomes. Thoughts are nothing more than

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**To Anyone Who
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challenges the belief
that addicts can't be

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helped until they "hit bottom". She offers a bold new approach that provides a practical and spiritual lifeline to...

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Spencer family whose middle son, Timothy, struggles with anxiety, depression and mood disorder. As his symptoms become more and more debilitating, his parents are faced with painfully difficult choices that will change their lives forever.

No Letting Go (2015) - IMDb

No Letting Go have developed their own

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technology to speed up the process for both their franchisees and clients, enabling jobs to be booked and tracked in real-time. They have a proven track record in delivering high quality reports, in addition to a number of national accounts that are developed by Head Office on behalf of franchisees.

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