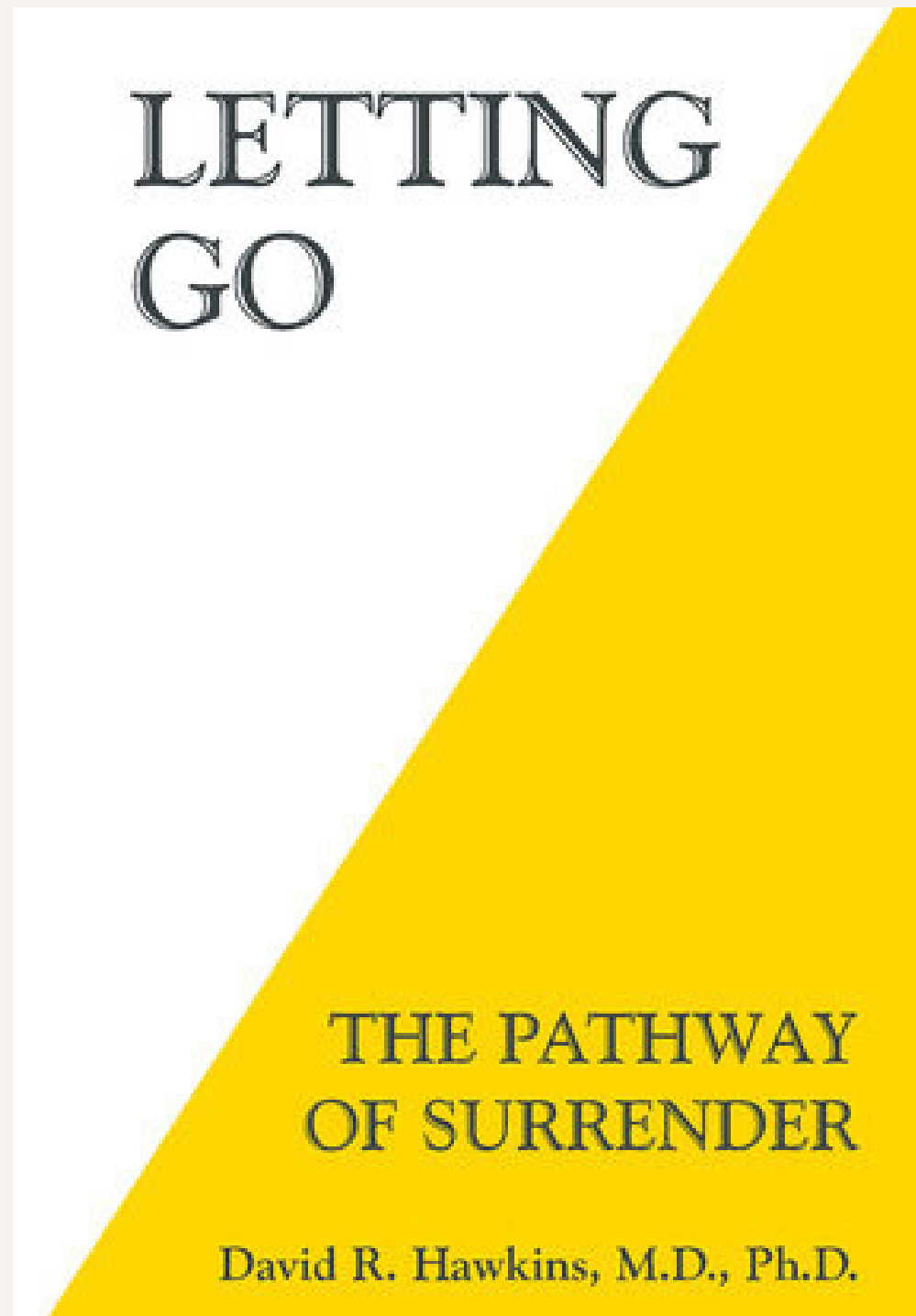




FOR DEEPER *Exploration*

Letting Go: The Pathway of Surrender

by David R. Hawkins MD/PHD (Author)

If quitting drinking was the act that freed my body, surrendering was what freed my mind. Dr. Hawkins' work helped me understand that healing isn't about control — it's about letting go. This book showed me how to soften into presence instead of fighting for perfection.

"We change the world not by what we say or do, but as a consequence of what we have become." – David R. Hawkins