



Let Go Now: Embracing Detachment

By Karen Casey



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So many of us spend so much time enmeshed in other people's problems, trying to solve or change them, that we don't really know where we begin and they end. Not reacting to people or situations that provoke us is not an easy skill to develop. It takes practice and conviction that not reacting, not increasing the drama, doesn't mean we don't care. On the contrary, we are freed to show genuine love and care only when we can detach from the knee-jerk need to fix, solve, rescue, or control. Even the idea that someone else can make us feel happy (or beautiful or angry) or we them is an illusion, says Casey in this remarkable book. All our feelings come from within and we get to choose how to respond to life.

The meditations in this power-packed little book provide us the tools we need to practice letting go of the illusion that we can control anyone or anything beyond our selves. Casey teaches us to focus on finding our own balance point and recognizing how to get to it whenever we find ourselves tempted to rescue or enmesh.

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Editorial Review

From Publishers Weekly

Though the prolific Casey (*Change Your Mind and Your Life Will Follow*) admits that embracing detachment (to "bring together" separation) is a conundrum, she sees it as a way of life that must be followed in order to find true peace. A dysfunctional upbringing led her to alcohol abuse and then AA, which helped her to understand her codependent behavior: she had "danced around others" and based her self-image around their approval. By practicing detachment, which she admits requires a commitment of patience and time, she experienced a major transformation. Too many of us, Casey believes, allow the behavior of others, whether good, bad, or indifferent, to control us. After a brief introduction, she presents 200 short, straightforward daily lessons, from "detachment from others is necessary to fully enjoy attachment to God" to "relinquishing the role of being someone else's Higher Power," illustrating the many forms that detachment can take in one's life, and the obvious foundation behind her self-help philosophy. Obviously inspired by the tenets of AA, and updated with an eye to the east, Casey's latest is an easy reference guide for those seeking recovery or peace.

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About the Author

Karen Casey is a sought-after speaker at recovery and spirituality conferences. She conducts *Change Your Mind* workshops based on her bestselling *Change Your Mind and Your Life Will Follow*. She and her husband divide their time between Florida and Minnesota. Visit her online at www.womens-spirituality.com, and read her blog at karencasey.wordpress.com.

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