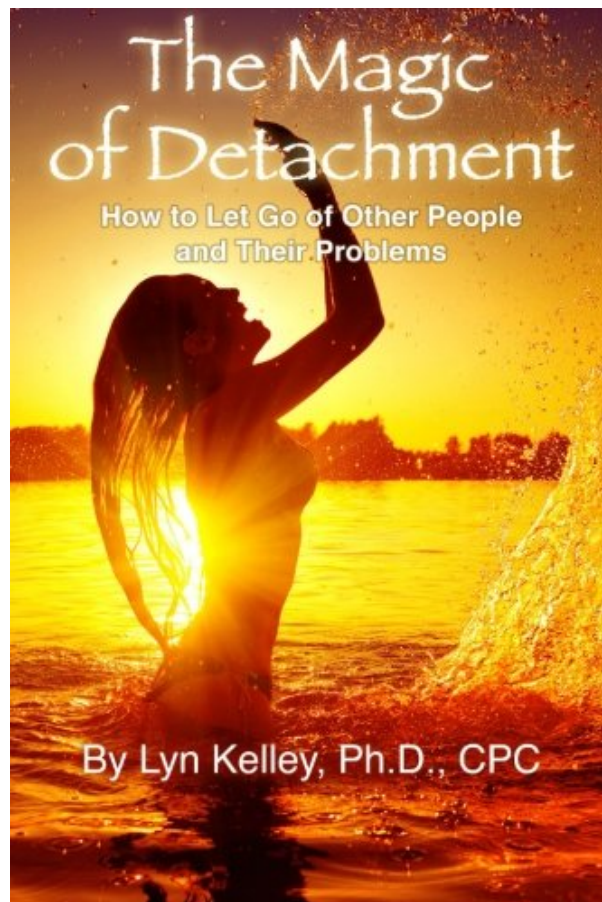
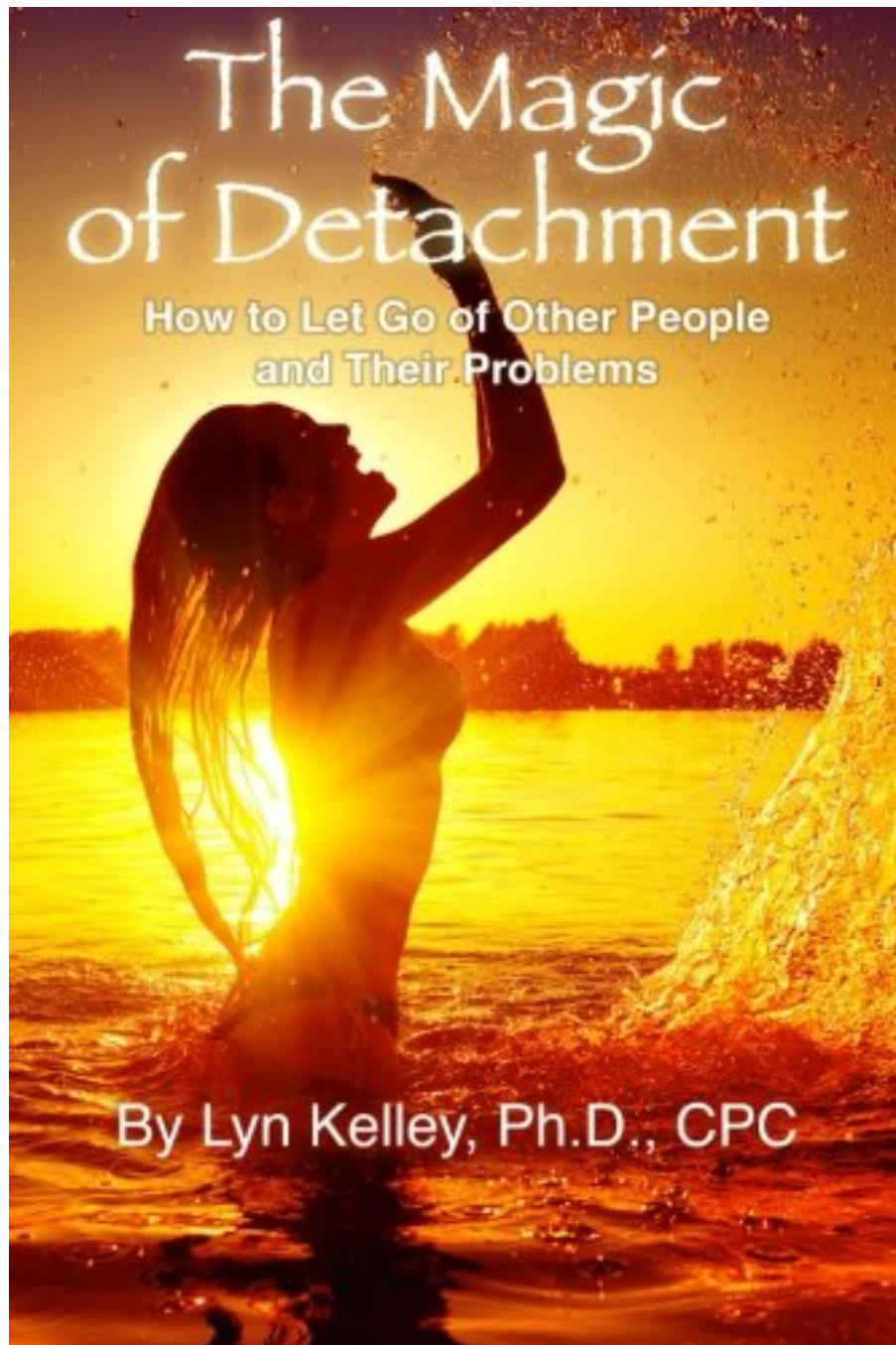


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Dr. Lyn has struggled with the concept of detachment and “letting go” her entire life, and she finally got fed up with OPP’s (other people’s problems)! She shares with you exactly how to detach with compassion, what to say to yourself, what to say 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 of People from our Past How to Confront Your Tightest Bonds Co-Dependent Meets Narcissist – The Bad Match Co-Dependency vs. Empathy The Cure: Respect, Reality and Reciprocity Enabling Actual Helping Behaviors Boundaries That Promote Intimacy Stop the Insanity! Get Fed Up! What to Do When You’ve Reached Your Breaking Point How to Not Crack Under Stress Tough Love When to Amputate Normal Stages of Grieving 8 Tips for Dealing with Other People’s Problems The Four Magical Words to Deal with Resistance Creating Authentic Power Turn “Learned Helplessness” into “Learned Empowerment” Your 10 Signature Strengths How to Be Compassionate Yet Detached Spiritual Empowerment Peace of Mind and Stillness of Heart Lessons from a Butterfly Forgiveness How to “Let Go and Let God” We Are All One Yet Separate Create Space for Your Own Best Life Self-Focus What Oprah Knows for Sure Finding Your Purpose Hope Is a Thing With Feathers Be Filled Up With Yourself Positive Affirmations are Your Magic Words Spiritual Practice Let It Go Roar!

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Most helpful customer reviews

2 of 3 people found the following review helpful.

A practical approach to ease yourself of the baggages of other people

By Life Is Good

I am at the point of having a better understanding of what the author speaks because I have been journeying for a while in the field of psychology and self improvements as well as quite a bit of experience interacting with people.

I am a work in progress and I have no intention of rushing through it at this point though I am praying to fill a bit of fresh air fill my lungs this life thus far has been quite a journey filled with lots of pains and also OPP (Other people pains).

This is very good writing.

A few things that need to be addressed. There are problems that we cannot solve easily though it would be ideal they are more complex and take to resolve at times the only way is through distancing yourself. To become aware of a problem at times take time even with emotional cues it is not always easy to articulate what it is that is disturbing us. I have a lot of those experiences where I cannot quite put my finger on what is disturbing me even despite taking time out for reflection.

I have been called names when I detach it was a process I was doing since I was a child because I grew up in an abusive traumatic unhealthy environment my sense of detachment did not always protect me.

When someone has a problem saying is that so is not helpful. I really like Tolle also yet it is not the most effective I have found so one shoe does not fit all. It is a way to repress the person frankly if the issue is big I would rather refer them to a psychologist not downplay them with is that so?

Nothing is black and white. Yet this book is filled with formulas that I do intend to use to ease my life through this journey called life. I thank the author because I was using a lot of those methods unconsciously now I can be more conscious in their use but depending on where you are in life do not repress yourself please you will not be healing that way and it never works do express yourself simply in healthy and assertive ways. I never agree with any experts not even Tolle if they advocate any form of repression and oppression and invalidation.

One thing is clear though we cannot do it for others since our lives is our primary focus. Each must take responsibility for him or herself.

0 of 0 people found the following review helpful.

Not for me.

By Jared

I tried this with my audible trial. It seemed interesting to me, but I am not a religious person. Within 20 mins, I had to turn it off. It started talking about giving yourself (aka fate) up to god at a rate I found unsustainable for myself.

I'm educated enough that I could substitute 'god' and 'praying' for something else because I understand the point, but the overuse is really a turn off. I would like to improve myself instead of being sold a crutch.

0 of 0 people found the following review helpful.

Great case for a great price.

By Bob Spangenburg

As expected

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