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**Download online boek Nederlands Letting Go David R. Hawkins, M.D. Ph.D. ,** The present work describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all its many forms. The letting go technique (surrender) was found to be of great practical benefit and is described in this book.

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