



Love is Letting Go of Fear

By Gerald G. Jampolsky

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Based on the million-copy bestseller by the same name, this tape explores 12 easy steps to inner serenity and unshakable confidence in one's self--based on love.

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Editorial Review

Review

"Jerry Jampolsky lives what he teaches. I know that this book comes from the precise center of his heart. I have seen him live every line of it for as long as I've known him." --Hugh Prather, author of *Notes to Myself*

From the Publisher

* The 25th anniversary edition of one of the groundbreaking classics in the transpersonal movement, with a new introduction by the author.

* Still one of the best books on self-transformation by virtue of its simple, direct message and its 12-lesson approach.

* Based on concepts from A Course in Miracles.

* More than 1 million copies sold.

About the Author

Dr. Gerald G. Jampolsky, M.D., a graduate of Stanford Medical School, is a child and adult psychiatrist, and the author of more than a dozen books. He is also the co-founder of the International Center for Attitudinal Healing in Sausalito, California. Dr. Jampolsky and his wife, Diane Circincione, Ph.D., are international speakers and teachers. When they aren't traveling the globe, Jerry and Diane reside in Sausalito, California, and Kailua, Hawaii.

Users Review

From reader reviews:

Frances Savage:

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Gary Jensen:

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