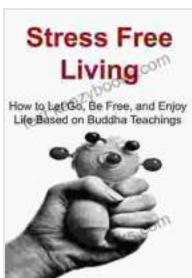


# How To Let Go Be Free And Enjoy Life Based On Buddha Teachings

This book will teach you how to let go of the things that are holding you back and live a more fulfilling life. Based on the teachings of Buddha, this book will show you how to find peace and happiness by letting go of anger, resentment, and attachment.



## Stress Free Living: How to Let Go, Be Free, and Enjoy Life Based on Buddha Teachings: (Stress Management, Anger Management, Happiness, Buddha for Beginners, Meditation) by Roland Denzel

★★★★☆ 4.3 out of 5

Language	: English
File size	: 370 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 48 pages
Lending	: Enabled



If you're ready to let go and be free, then this book is for you.

## Chapter 1: The Importance Of Letting Go

The first chapter of this book will discuss the importance of letting go. You'll learn why it's so important to let go of the things that are holding you back, and you'll learn how to start letting go.

## **Chapter 2: How To Let Go Of Anger**

The second chapter of this book will teach you how to let go of anger. You'll learn how to identify the triggers that make you angry, and you'll learn how to respond to anger in a healthy way.

## **Chapter 3: How To Let Go Of Resentment**

The third chapter of this book will teach you how to let go of resentment. You'll learn how to identify the sources of resentment, and you'll learn how to forgive those who have wronged you.

## **Chapter 4: How To Let Go Of Attachment**

The fourth chapter of this book will teach you how to let go of attachment. You'll learn how to identify the things that you're attached to, and you'll learn how to let go of them without suffering.

## **Chapter 5: The Benefits Of Letting Go**

The fifth chapter of this book will discuss the benefits of letting go. You'll learn how letting go can lead to peace, happiness, and freedom.

If you're ready to let go and be free, then this book is for you.



## Testimonials

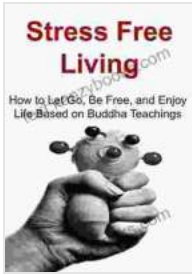
"This book has changed my life. I've been able to let go of so much anger and resentment, and I'm much happier now." - 5-star review on Our Book Library

"I highly recommend this book to anyone who is struggling to let go of the things that are holding them back." - 5-star review on Goodreads

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