



Let Go: A Buddhist Guide to Breaking Free of Habits

Martine Batchelor

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When we break free from the habits that limit us, a new world of possibilities opens up. In *Let Go*, Martine Batchelor leads the way there.

Negative patterns of mind may manifest as fear, avoidance, depression, addiction, judgment of self or other, and any of a host of other physical, mental, or psychological forms. *Let Go* aims at understanding what really lies at the root of these behaviors so we can reclaim control. Each chapter concludes with an exercise or guided meditation as a tool for the reader to work with negative habits in new and creative ways. You don't have to be a Buddhist for them to work. You just need to want to move on.

Helpful exercises and guided meditations - designed to build understanding of our negative habits, as well as the confidence and skill needed to instead embrace our greatest qualities - appear throughout the book.

Batchelor also looks at Mindfulness-Based Cognitive Therapy (MBCT) for depression, Dr. Jeffrey Schwartz's use of meditation to deal with Obsessive-Compulsive Disorder (OCD), successful combinations of meditation and Twelve-Step programs, and offers her own innovations.

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