

The Challenge of Letting Go:

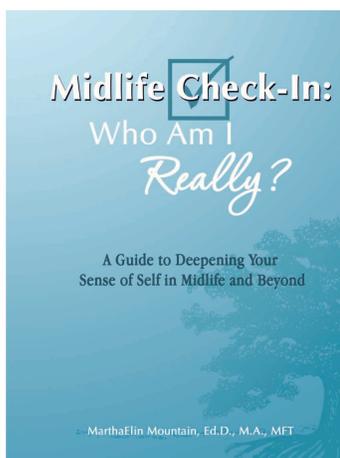
Why You Hold On to Things and What You Can Do About it
A Series of Self-Assessments at www.drmarthaelin.com

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Books Re: Letting Go and Emotional Well-Being

- Anh-Huong, N.
Nanh, Thich N. Walking Meditation (book with CD)
- Bloom, P. Why We Like It and Why
- De Botton, A. Status Anxiety
- Hanson, R. Hardwiring Happiness
- Hochberg, A. Letting Go: A Practical Guide to Throwing Out the Garbage
- Lehrer, J. How We Decide
- McGonigal, K. The Science of Willpower
- Prather, H. The Little Book of Letting Go
- Pychyl, T. The Procrastinator's Digest
- Steel, P. The Procrastination Equation: How to Stop Putting
 Things Off and Start Getting Things Done
- Viorst, J. Necessary Losses: The Loves, Illusions, Dependencies, and
 Impossible Expectations That All of Us Have to Give Up in
 Order to Grow



ALSO:

Mountain, M.

Midlife Check-In: Who Am I Really?

A Guide to Deepening Your Sense of Self
in Midlife and Beyond

*Available online, and at Pilgrim's Way
Bookstore, Carmel, CA, and Luminata
Bookstore, Monterey, CA.*