Letting Go: Summary, Review & Criticism. Letting Go (2012) teaches readers to release all our negative and suppressed emotions to self-heal and reach enlightenment. Albeit there is some good wisdom, the author makes big claims which lack any form of scientific rigor. Contents. Letting Go Summary. Letting Go â€“ Criticism. CONS. PROS. Letting Go Review. Letting Go Summary. About The Author: David Hawkins (1927-2012) was a psychiatrist, author and spiritual teacher. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr. Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality, and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery, and spiritual development. Categories The book says that letting go of negative emotions may also cure chronic illness, of which I had my doubts because it sounded so woo-woo. But over the course of two months I followed the process, which only takes moments a day as old feelings come up -- you don't need to contemplate your navel for hours on end or make a big deal out of it. â€“ What you are, is creating your future. â€“ David Hawkins. My gratitude to Dr. David Hawkins is immeasurable. His book, Letting Go: The Pathway of Surrender, is perhaps the greatest book I've ever read. Letting Go, his YouTube videos, and his book Power VS Force are clarifying and deepening my understanding in so many ways. I might go as far as to say that they're occasioning a full-blown paradigm shift in my reality. I strongly suspect I will read more of his books and continue to revisit them for the rest of my life. Letting Go book. Read 782 reviews from the world's largest community for readers.Â
Start by marking â€œLetting Go: The Pathway To Surrenderâ€ as Want to Read: Want to Read savingâ€¦ Want to Read. Currently Reading. Read. Other editions. Enlarge cover.