

Synopsis for Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)

2-line Summary:

Letting It Go – Discover three little-known, magical sentences and effortlessly release your anxiety and toxic stress in minutes, when your life is falling apart.

Short Synopsis:

Letting It Go – Discover three little-known, magical sentences and effortlessly release your anxiety and toxic stress in minutes, when your life is falling apart. Experience the freedom that comes from no longer worrying about things you can't control or imagining disasters that keep you awake at night. Enjoy living your life now!

Medium Synopsis:

Discover three little-known, magical sentences and effortlessly release your anxiety and toxic stress in minutes, even when your life is falling apart. Experience the freedom that comes from no longer worrying about things you can't control or imagining disasters that keep you awake at night.

Release the energy frozen into unsuccessful attempts to control way too many things. Easily manage the tough situations that used to drive you crazy. Use your newly-freed energy to focus on the parts of your life that you know are most important to you. Rediscover the joy you deserve!

Long Synopsis:

If you're tired of being told to just let go of things that bother you—but you don't know how—you will love this book!

Using this brief, step-by-step guide, discover three little-known, magical sentences to effortlessly release anxiety and toxic stress in just minutes and reclaim the joy in your life.

The revolutionary new technique revealed in **Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)** shows you how to actually let go of whatever is bothering you—easily, effectively and often permanently.

In an ever-faster moving world, people often feel like their lives are falling apart. They secretly worry that not being able to keep up means there is something wrong with them.

This reassuring, easily understood explanation of complicated psychological information reveals how normal it is to feel this way—how everyone's energy naturally gets stuck in the process of growing up

and learning to manage the world. The challenge of letting go of that old, stuck energy becomes manageable.

You are hugely relieved as you discover you can easily learn and apply this process yourself—either privately or with a learning partner.

Then you experience the freedom that comes from effortlessly managing previously distressing situations and even forget to worry about things you used to obsess about. This leads to reclaiming the life energy and the joy you long for.

This book helps you:

- Stop worrying about things you can't control.
- Manage challenging situations.
- Stop imagining disasters.
- Turn off the thoughts that keep you awake at night.
- Transform anxiety into relaxation.

Users report, “You can even use this process to erase those annoying songs that sometimes get stuck in your head!”

This process has been called a tool, a form of prayer, and magical. Created by Swiss psychologist Dr. Willem Lammers, he calls it a **guided self-change technique** naming it **Logosynthesis®**. It's been used by psychotherapists and coaches since 2005, throughout Europe, to help their clients eliminate stress, anxiety and worry.

The author, Dr. Laurie Weiss has a multifaceted background as an internationally known psychotherapist, executive and life coach, marriage counselor, relationship communication expert, trainer of professionals, speaker, grandmother and author of eight books.

After over 40 years practicing psychotherapy and coaching, she had no intention of starting a new phase of her career. Then a colleague helped her resolve a persistent, stressful problem using an amazing new technique. She was astounded that he did it in just a few minutes, while standing on the sidewalk outside of a restaurant, using only words.

Dr. Weiss was so intrigued with this recently discovered tool that she and her husband of over 50 years, Dr. Jonathan B Weiss, went to Nova Scotia, Canada to learn the technique. Using it, they were thrilled to help their clients make important life changes in a fraction of the time, and with a fraction of the pain ordinarily associated with psychotherapy.

Four years and considerable studying later, they became the only Certified Logosynthesis® Practitioners and Basic Trainers in the United States.

Reviews

In clear, precise prose, Dr. Laurie Weiss makes the case for Logosynthesis, a tool for releasing psychic energy long bound up in stressful experiences. With strong supporting anecdotes, she introduces the reader to a deceptively simple method for enriching one's life. Fascinating.

- **Mike Keefe, Pulitzer Prize-Winning cartoonist** (US)

You have an absolute GEM In this sweet little book! I love it. I could not wait to use it! It is simple, to the point and makes the reader comfortable with using it.

- **Rhondda Hartman, R.N., M.A. Author**, Natural Childbirth Exercises (US)

I am struck by the clarity of your writing and the straightforward way you have organized and presented the material. I very much liked the step-by-step instruction! Your personal anecdotes made your own experience with Logo-synthesis more present and accessible. I am sure it will make a meaningful difference in the lives of many people. Bravo!

- **Foster Brashear, Designer**, Electronic Systems and Devices (US)

You have a very engaging writing style easy to read. Great case examples. THIS BOOK IS GOING TO BE A VERY IMPORTANT TOOL FOR SELF-COACHING. Many, many thanks.

- **Julie Jacinthe Arsenault, MSW Clinical Social Worker, Psychotherapist, Logosynthesis Practitioner** (Canada)

This book opens doors to stuck emotional spaces we experience, regardless of "who," "where," "how," or "why" we are. It was, for me, an empowering read. I predict this book (and Logosynthesis) to be beneficial to individuals, families, and faith groups. The "sentences" proposed, are liberating and truly help me look at life challenges from an "energy viewpoint." I agree with Dr. Weiss's own words, that this book and its approach is a great resource for "spiritual awakening and transformation."

- **Ralph Datema, D.Min., M.Div., LMFT, Diplomate - American Association of Pastoral Counselors** (US)

Your book explains the Logosynthesis process in a way that will make it easy for me to use this process to relieve stress and fear from various incidences in my past and help me release the energy that I have given up to them. I don't know how or why it works, I just have experienced the relief it brings.

- **Karen Bartholow, Home Health Care Provider** (US)

I work primarily with corporate coaching clients and executives and it is amazing how I end up using Logosynthesis with the majority of them. I am thrilled that you've written this as a simple guide which they can refer to and use for themselves. Thank you for doing this.

-**Pamela Burkhalter, Management Consultant, Facilitator, Logosynthesis Practitioner**(Switzerland)

What a wonderful and inspiring book. Your writing is easily understood, in spite of the very complicated subject matter you are dealing with. If everyone knew and used this tool, everyday life would greatly improve for most of us. I can't imagine anyone who would not benefit from making it a part of daily practice.

- **Judy Warren, M.ED., Educator** (US)

I like it a lot. I was drawn into the story lines that you cleverly presented and especially like how you interweave your personal experiences. Examples are clear, interesting and easy to understand and relate to.

- **Trish North, Director, Logosynthesis Canada; Logosynthesis Practitioner** (Canada)

You have a wonderful way of putting things into clear words and digestible form.

- **Karin Martin (Frischluff) Business Consultant, Coach, Logosynthesis Practitioner** (Switzerland)

10 Points of Interest about the Book's Content:

1. Stress is unavoidable. How an individual responds to the stress makes all the difference.
2. Feelings of anxiety result when an individual does not have adequate resources to respond to stress.
3. Anxiety is often the result of remembering stressful situations from the past or imagining negative things that have not yet happened and probably never will.
4. People often imagine those painful images in the space that is within a few feet from their bodies. Imagine the face of someone you love and notice exactly where you are imagining it to be located.
5. People may not remember or may not want to remember much about past difficult or stressful situations that cause anxiety.
6. Anxiety disappears when people let go of those negative images.
7. The major discovery of Logosynthesis® is that the power of words can dissolve those negative images.
8. It is not necessary to fully remember the negative images in order to let them go.
9. Anxiety can often be healed without the use of chemicals of any kind.
10. The author was so astonished at how quickly a colleague helped her resolve her persistent response to stress that instead of retiring after 40 years as a psychotherapist she started to study this process.

Book Details and Purchase Information

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