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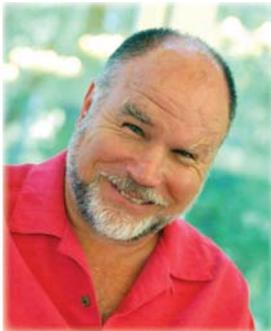
★ INTERNATIONAL BESTSELLER ★

THE SECRET OF LETTING GO

GUY FINLEY

REVISED AND EXPANDED

Revised and Expanded Trade Paperback
List price \$14.95 / ISBN: 978-0738711980



GUY FINLEY's encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most important personal and social issues – relationships, addiction, fear, stress/anxiety, peace, happiness, freedom – and lead the way to a higher life.

Finley is the author of over 35 books and audio programs that have sold over a million copies in 16 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years. Finley has been a guest on hundreds of television and radio shows including appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and others. He is the director of non-profit Life of Learning Foundation in Merlin, Oregon.

Llewellyn Publishing Worldwide
Phone: 1-800-843-6666
www.llewellyn.com

THE SECRET OF LETTING GO

by **GUY FINLEY**

*Revised and Expanded Edition
of the Spiritual Classic*

THE SECRET OF LETTING GO is a powerful book with real solutions to life's problems. Its pages reveal the beautiful truth that the only way to permanently rid ourselves of any difficulty is to no longer live at its level – to let go of who we have been in favor of the stronger and wiser person we are meant to be.

Starting from the very first page, readers find practical step-by-step instructions and inspiring stories that lead to the discovery of the enlightened life that is possible for all human beings, once we master the simple practice of letting go. Freedom from fear and stress, the power to repair broken relationships, a growing sense of love and compassion, a greater measure of self-command – all of these gifts can be ours when we learn to let go.

The practice of letting go derives its power from a special part of ourselves that cannot be dominated or defeated by anything. Finley describes this part of us as the True Self, the secret essence of our soul that is always open and responsive, never holding onto anything outside of the Present Moment. When we learn to live by the light of our True Self, regrets about the past and fears over the future lose all authority to darken our spirit.

Nothing in the universe can stop you from letting go and starting over. Your True Self can no more get “stuck” somewhere than a sunbeam can be caught in a bottle. Most of us sense the truth of this ideal – and *The Secret of Letting Go* was written for the daring person who wishes to turn this possibility into his or her own reality. Just as gentle spring rains stir the seeds that become beautiful wild flowers, so will the higher lessons in this book help you to let go and grow free.

Praise for *The Secret of Letting Go*

“The Secret of Letting Go has helped inspire and elevate the consciousness of all who have experienced its timeless message.”

– David Riklan, Author of *Self Improvement: The Top 101 Experts*

“The Secret of Letting Go is a vital guide for anyone who wishes to break free from self-limiting beliefs and behaviors.”

– Peggy McColl, New York Times best-selling Author of *Your Destiny Switch*

“I am amazed at the speed with which God allows his genius to be expressed through you. I appreciate you for the gift you are to everyone. The Secret of Letting Go is a treasure. You and your work have truly brightened my corner.”

– Larry James, Author of *How to Really Love the One You're With*

“Guy Finley is one of our most valuable teachers on this planet today. His unique lessons in letting go have helped me — and no doubt millions of others — realize a more positive outlook on life based in better self-understanding.”

– Cameron Steele, President, Contact Talk Radio Network



GUY FINLEY

Best-selling Self-Realization Author

"The limit of your present view is not the limit of your possibilities."

- Best-selling author of *The Secret of Letting Go*, *Secrets of Being Unstoppable*, and over 8" other books and audio programs that have sold over a million copies in 1* languages worldwide
- Founder and Director of nonprofit Life of Learning Foundation, a Center for Self-Study located in Merlin, Oregon
- Latest releases: *The Secret of Letting Go - Rev. ed.* (Llewellyn, 2007); *365 Days to Let Go: Daily Insights to Change Your Life* (White Cloud, 2007)
- Host of "Letting Go with Guy Finley" syndicated on numerous international networks, including Healthy Life Radio, EWa` STalk Radio, and 3UZ [W]Talk Radio
- Finley's popular weekly email newsletter reaches 500,000 subscribers in 142 countries
- Guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, NPR, and many others
- Has presented over 4,000 unique self-realization seminars to tens of thousands of attendees throughout North America and Europe over the past two decades, and continues to give more than 150 seminars each year
- First career: Motown songwriter composing award-winning music for recording artists, including Diana Ross, Debbie Boone, The Jackson 5, Billy Preston, The Four Seasons

"There is something profoundly healing in the way Guy Finley talks to us, as if he understands what we have gone through and what we are now capable of." — Hugh Prather, author of *Notes to Myself*

"WorldTalkRadio is honored to welcome into our line-up best-selling author Guy Finley — one of today's brightest and clearest voices in the field of self-realization, empowerment and awareness for change. We look forward to broadcasting his message each week, and helping the world learn about his life-changing wisdom." — Ed Keyes, President, WorldTalkRadio.com

"Guy Finley is one of the most respected people in self development because he guides the seeker's soul with common sense, humor, and ultimate spirituality." — Linda Mackenzie, General Manager, Healthylife.net

"Guy Finley possesses a natural capacity to apply profound wisdom in everyday life situations."
— Michael Toms, New Dimensions World Broadcasting Network

"For the gifts of insight which Guy Finley continually brings to our awareness, we are changed...and are truly, truly grateful."
— Carolyn Craft, host of Inner Wisdom

"Guy Finley's books helped to give my life direction and guided me to meaningful change. On a scale of one to ten, Guy's books are a 12+!" — Larry James, author of *How to Really Love the One You're With*

"Guy Finley doesn't just talk about self-freedom...but leads you through the doors of yourself into a Higher World within yourself where you discover you are already free!" — Alan Corbeth, Executive Producer, Coast to Coast with Art Bell

"Guy Finley is a world-renowned expert at the forefront of human potential." — Nightingale-Conant Corporation

"Guy Finley has helped millions live fuller, more peaceable lives." — Barnes & Noble

To schedule an interview with Guy Finley or request content for publication contact Barbara Norby (barbara.norby@guyfinley.org, 541-8) +Z* \$' *). For more information about Guy Finley and Life of Learning Foundation visit guyfinley.org or call 541-476-1200.

Guy Finley Quotes

It only seems that there is something more important for you to do than to just quietly be yourself.

All things good come to those for whom the Good is all things.

Being fully present is the best guarantee for a bright future.

The limit of your present understanding is not the limit of your possibilities.

The strength of any weakness within us is the degree to which it is feared.

To know that every moment — regardless of how it comes wrapped — is a gift greater than you can give yourself, is to be well on your way to a life without fear.

The more time we spend considering the shortcomings of others, the smaller a person we become.

Real change isn't found in some new way to think about yourself, but in freedom from the need to think about yourself at all.

An unattended mind is the breeding ground of self-defeat.

From daisies in a field, to suns ablaze in distant galaxies: everything is always flowering. To sense this truth is an act of grace; to know it's true is divine.

The Peace you long for also longs for you.

Never speak out of anger,
Never act out of fear,
Never choose from impatience,
But wait . . . and peace will appear.

The past is as powerless to darken the present moment as is a shadow to reach up and drag down the form that casts it.

No one rises above who he or she has been without first having fallen down.

The best time — in fact, the only time — to make a real change in your life is in the moment of seeing the need for it. He who hesitates always gets lost in the hundred reasons why tomorrow is a better day to get started!

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Guy Finley Extended Biography

Best-selling “Letting Go” author Guy Finley’s encouraging and accessible message is one of the true bright lights in our world today. His ideas cut straight to the heart of our most important personal and social issues – relationships, success, addiction, stress, peace, happiness, freedom – and lead the way to a higher life.

Finley is the acclaimed author of *The Secret of Letting Go* and more than 40 other books and audio programs that have sold over a million copies in 20 languages worldwide. In addition, he has presented over 4,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 25 years and has been a guest on over 600 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, NPR, Wisdom Network, and many others. His syndicated weekly radio program is aired on several international networks including Healthy Life Radio, Achieve Radio, Sedona Talk Radio, and Healthlife.net. Guy is a faculty member at the Omega Institute in Rhinebeck, New York and is a regular expert contributor to Beliefnet and the Huffington Post.

Finley is Director of Life of Learning Foundation, the renowned non-profit Center for Self-Study in Merlin, Oregon, and over 200,000 people in 142 countries read his popular “Key Lesson” emails each week. His work is widely endorsed by doctors, business professionals, celebrities, and religious leaders of all denominations.

Guy’s career reached this point through a circuitous path. Born into a successful show business family, he is the son of late-night TV and radio pioneer, Larry Finley. His childhood friends were the sons and daughters of the most famous celebrities in the world. As a young man, Guy enjoyed success in a number of areas including composing award-winning music for many popular recording artists including Diana Ross, The Jackson 5, Billy Preston, and The Four Seasons, as well as writing the scores for several motion pictures and TV shows. From 1970-1979 he wrote and recorded his own albums under the Motown and RCA recording labels.

Throughout his youth, Guy suspected there was more to life than the type of worldly success that led to the emptiness and frustration he saw among his own “successful” friends and colleagues. In 1979, after travels throughout North America, India, and the Far East in search of truth and higher wisdom, Guy voluntarily retired from his flourishing music career in order to simplify his life and to concentrate on deeper self-studies.

In addition to his writing and appearance schedule, Guy presents four inner-life classes each week at Life of Learning Foundation headquarters in Merlin, Oregon. These classes are ongoing and open to the public. For more information about Guy Finley and his life-changing work, visit guyfinley.org.

“Guy Finley is...one of the leading experts at the forefront of human potential.”

-Nightingale Conant

“Guy Finley has helped millions live fuller, more peaceable lives.”

-Barnes and Noble

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WHAT THE PROFESSIONALS ARE SAYING ABOUT AUTHOR GUY FINLEY

Professionals from around the country are realizing the power of Guy Finley's life-changing message of self-liberation. Here's a sampling of their comments:

"I have known and interviewed many who offer insight into human development. No one does it with the kind of grace, intelligence and love as my friend Guy Finley. This book is his latest gift to all people seeking to overcome fear and live more fulfilling lives. Guy is an extraordinary person who reminds us just how special we are."

— Jordan Rich of The Jordan Rich Show, WBZ Boston

"The works of Guy Finley demonstrate a far greater purpose for you and me and the human race than simply making ourselves comfortable; they challenge, provoke and finally compel us to get to the real Heart of the matter: A place where the True Comfort of Reality exists."

— Scott Cluthe, Executive Producer and Host of *Positively Incorrect!*

"His voice is blessed and vibrating radiating light and love in Spirit's presence. Guy has been instrumental in my life work as a Religious Science Practitioner and speaker."

— Ella Speakes, *The Positive Talk Diva*, KCLR, Global Radio at www.KCLRGospel.com

"Just absolutely love hugs and HUGE thank you for Guy being such a GREAT guest today!!! Just amazing and soooo grateful!!! FANTASTIC SHOW!!!!"

— Deb Scott, host of *The Best People We Know*

"Guy explains the difference between really living and just going through the motions, and urges us never to settle for less than the real thing. If where you are in life is not where you want to be, Guy will help you close the gap."

— Dr. Arron Grow, Personal Best Radio

"Guy was an awesome guest! I needed him yesterday ;)"

— Bell, Morning Show, KBUL, Billings, MT

"Had a wonderful talk with Guy last night - he is our Wisdom Spirit.."

— Katie Garnett and Asara Lovejoy, *Living in the Quantum Field*, Contact Talk Radio

"The interview went really well. Guy is a gem! We'd love to have him back."

— Jennifer Clark, Namaste Radio, CKCU FM Radio, Ottawa, Ontario, Canada

TWO DECADES OF MEDIA EXPERIENCE

Hundreds of Appearances on Local and National Radio/TV Programs Across America

Wisdom Channel, New Dimensions with Michael Toms, Coast-to-Coast with Art Bell, Entertainment Tonight, PBS, NPR, CNN, David Essel Alive, Talk Radio Network, USA Today, and Hundreds of other Talk Show Appearances including:

KOA – Denver, CO	WGR – Buffalo, NY	KMBC – Kansas City, MO	KABC – Los Angeles, CA	WAAM – Detroit, MI
KIDO – Boise, ID	WTNY – Watertown, NY	WVON – Chicago, IL	WRC – Silver Spring, MD	KMPC – LA, CA
WHIO – Dayton, OH	KDWN – Las Vegas, NV	WWKB – Buffalo, NY	WJON – St. Cloud, MN	WDZ – Decatur, IL
WLLH – Boston, MA	WWJ – Southfield, MI	KNST – Tucson, AZ	WTAX – Springfield, IL	WKEM – Dover, DE
WOKQ – Dover, NH	WCRM – Chicago, IL	WMHK – Columbia, SC	WICC – Bridgeport, CT	WBZ – Boston, MA
WERE – Cleveland, OH	WTOY – Madison, WI	WJCW – Johnson City, TN	WKBN – Youngstown, OH	KLOS – LA, CA
KFAX – Fremont, CA	WCEV – Chicago, IL	KDAL – Duluth, MN	KWAB – Boulder, CO	WLEA – Hornell, NY
WDLX – Greenville, SC	KOHO – Honolulu, HI	WJFK – Baltimore, MD	KSDO – San Diego, CA	KVEL – Vernal, UT
KTRY – Monroe, LA	WBUT – Pittsburgh, PA	KGAM – Palm Springs, CA	KSOO – Sioux Falls, SD	KVET – Austin, TX
WRVA – Richmond, VA	WAVG – Louisville, KY	WAPI – Birmingham, AL	KIEV – Pasadena, CA	WRRO – Warren, OH
WBKV – West Bend, IL	WNOX – Knoxville, TN	WNCI – Columbus, OH	WFBG – Altoona, PA	KPFK – LA, CA

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Selected Excerpts from Guy Finley's *The Secret of Letting Go*

The Secret of Effortless Happiness

“You could never be unhappy with anything you found in this life if you didn't already have it fixed in your mind what you were looking for. Our ideas about happiness are more often than not the very root of our unhappiness. Happiness cannot be made. It is not the result of anything. Happiness comes to those who understand that you can't seek it any more than you seek the air you breathe. It is a part of life to be found within living. The excitement of anticipation is not happiness any more than smelling freshly-baked bread nourishes a hungry body. All pursuit of happiness is based upon the false assumption that happiness can be possessed. It cannot. Happiness is the natural expression of a stress-free life just as sunlight naturally warms the earth after dark clouds disappear.”

The Secret of Having Everything You Want

“Everyone wonders whether or not there is one Great Secret for truly successful living. There is. And it is not a secret. It has been quietly, steadily telling itself right in front of us all along. We just couldn't hear it over the clatter and chatter of our own secret demands. Listen quietly for a moment. Everything can change right now. Learning to hear this Supreme Secret is no more difficult than choosing whether to swim against a current or to let it carry you safely to the shore. Let it speak its wisdom to that secret part of you that can not only hear what it is saying but that is, in reality, its very voice. Listen to it now. It is saying, “Want What Life Wants.” Think about it. Locked within these four simple words is the secret of an uncompromising power for effortless living; a new kind of power that never fails to place you on the winning side of any situation. Why? Because when you want what Life wants, your wish is for Life itself.

“No human being controls life: His or hers or anyone else's. If it weren't for higher cosmic energy coming down and filling your body right now, you couldn't be holding this book in your hands or reading its words. If you want to measure the level of an individual's stress, measure his insistence that life does as he wants. The only thing you will lose by learning to want what life wants is your fear of not being in control; which was never real control in the first place but only the sensation of it born out of living with its painful opposite.

“Let Life bring you itself. Welcome it. At each instant, it is new, full — untouched and undiminished by any moment before it. To enter into this full relationship with Life is to give yourself to your Self. Fulfilling the true purpose of Life is fulfilling yourself. They are one and the same. Want What Life Wants.”

The Greatest Secret on Earth

“Letting go is very simple and, above all, natural; as natural for you and I as it is for a tree to shed the heavy, sun-ripened fruit that clings to its branches. Why? Because both man and tree, in fact all living things, are created to drop what is no longer needed. You need only learn to cooperate with this powerful and timeless principle to let go of any emotional bitterness, relentless regret, anxious worry or troubling thought. The rest will be done for you.”

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“A Revised and Expanded Classic Shines Like New”

*A Review of the 2007 Edition of Guy Finley’s The Secret of Letting Go
by author and psychologist Dr. Ellen Dickstein*

The original *Secret of Letting Go* by best-selling self-realization author Guy Finley has been continuously in print since its initial release in 1990. Since then it has been translated into 16 languages and has sold several hundred thousand copies around the world. The book has helped men and women everywhere understand the self-limiting beliefs they hold on to – and begin to let them go.

So why improve on a classic?

Llewellyn Publications, the book’s publisher, felt that after more than 15 years, Finley had more to say on this vital topic. And Finley, a prolific author with more than 35 books and tape albums under his belt, agreed to revisit the book, rewrite parts of it based on his own deepening understanding, and add 80 pages of new material.

The result is a book with all the immediacy and mind-opening potential of the original, but now with even greater transformative power. The new *Secret of Letting Go* (Llewellyn, 2007) takes us on a breathless journey through the hidden workings of our own inner selves. In the process it reveals what we have unknowingly done against ourselves; but even more, it helps us discover all the wonders we’re capable of experiencing if we’ll put our newfound self-knowledge to work.

The book offers real solutions to the problems we encounter every day, such as stress, frustration, and a lack of purpose. But *The Secret of Letting Go* offers more than relief for our present pains. It points the way to a different kind of life altogether, where we no longer live on the same level that produced our old difficulties. The bird sitting on a high tree branch has no concern for the cat prowling in the garden below. When our nature is high, the events that disturbed us in the past are no longer a concern and we’re free to explore life’s greater possibilities.

The Secret of Letting Go addresses serious subjects, but Finley makes the process of self-discovery not only rewarding, but enjoyable as well. The book is light, practical, and fun to read. From the thrilling opening story to the memorable aphorisms at the end, this fast-paced book pulls the reader along, revealing new inspiration and promise at every turn.

Finley invites us to join him on an exciting inner adventure where we can learn how to bring ourselves more and more into harmony with the objective and naturally successful Laws of Creation. We learn that all we really fear is what we don’t understand about ourselves; that any crisis may be used as a turning point if we will only learn its hidden message; that as we come to want what life wants, difficulties melt away; that we can stop fighting with life and, in the same action, stop feeling defeated by it.

When we look at the persistent problems in the world today, we realize that new approaches and solutions are necessary. Blaming other people and conditions has never offered relief. It’s time to look within ourselves for new answers. When we do, we see that the stress, fear, and hard-heartedness of each of us spills out and hurts us all.

Learning how to let go is the key to changing the life we all live. That’s why *The Secret of Letting Go* is such an important book – and one to share with the world. Readers of this fully revised and expanded edition of *The Secret of Letting Go* will soon see that the more we’re willing to let go, the more of true value we receive in return.

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Ten Questions for Author Guy Finley

1. I understand you first wrote *The Secret of Letting Go* back in 1990, and that it has been a popular title ever since then. So, why a revised and expanded version after nearly sixteen years have gone by?
2. Can you tell me something about why you wrote this book in the first place, and maybe let the listeners know something about the unique path through life that you've followed until now?
3. Letting go can sound a little scary. Is it really possible to "let go" and remain in charge of our lives?
4. Why is it so difficult sometimes to let go of the past?
5. In what way do the tragic conditions in the world at large reflect the failure of people to let go?
6. One of the new sections in the book is titled "Ten Traits of the True Spiritual Warrior," and this is one of the traits: "The true spiritual warrior always remembers that his enemy never forgets his weaknesses." If we are the warrior, who is the enemy? What are our weaknesses? And what is the significance of this statement?
7. Many people say they want to let go of stress or anxiety. But it seems that you're talking about letting go on a deeper level. Could you explain?
8. The last chapter of *The Secret of Letting Go* is titled "Contact With the Secret Self." That's pretty intriguing. What is this Secret Self? How do we contact it? And what does all this have to do with letting go?
9. There is a section in your book called "The Bill of Lights" . . . a take-off, I'm guessing, on our Bill of Rights. What is the "Bill of Lights" and how do we employ them in our everyday life?
10. In what way will *The Secret of Letting Go* transform readers' lives?

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Additional Titles by Guy Finley

Books

The Secret of Letting Go (Llewellyn Worldwide, 1990, revised 2007)
The Secret Way of Wonder (Llewellyn Worldwide, 1992)
Freedom From the Ties That Bind (Llewellyn Worldwide, 1994)
Design Your Destiny (Llewellyn Worldwide, 1995)
The Intimate Enemy (Llewellyn Worldwide, 1997)
Lost Secrets of Prayer (Llewellyn Worldwide, 1998)
Seeker's Guide to Self-Freedom (Llewellyn Worldwide, 2002)
Apprentice of the Heart (White Cloud Press, 2004)
Let Go and Live in the Now (Red Wheel/Weiser/Conari Press, 2004)
365 Days to Let Go (White Cloud Press, 2007)
The Essential Laws of Fearless Living (Red Wheel/Weiser/Conari Press, 2008)
Letting Go a Little Bit at a Time (Llewellyn Worldwide, 2009)
The Courage to Be Free (Red Wheel/Weiser/Conari Press, 2010)

Audio Programs

Heart and Soul of Freedom (Life of Learning Foundation, 2001)
The Turning Point (Life of Learning Foundation, 2003)
Liberation of Consciousness (Life of Learning Foundation, 2004)
Education of the Soul (Life of Learning Foundation, 2004)
The Illusion of Limitation (Life of Learning Foundation, 2005)
Secrets of Being Unstoppable (Life of Learning Foundation, 2005)
The Meditative Life (Life of Learning Foundation, 2006)
Living Now (Life of Learning Foundation, 2006)
Seven Steps to Oneness (Life of Learning Foundation, 2006)
The Genesis of Love (Life of Learning Foundation, 2007)
Seven Powers (Life of Learning Foundation, 2008)
Being Fearless and Free (Life of Learning Foundation, 2009)
Liberate Your Self (Life of Learning Foundation, 2010)
Secrets of Spiritual Success (Life of Learning Foundation, 2010)
The Meaning of Life (Life of Learning Foundation, 2011)

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