

• An Eckhart Tolle Edition •

LETTING GO *of* NOTHING

Relax Your Mind and Discover
the Wonder of Your True Nature

PETER RUSSELL

**A PRACTICAL AND EMPOWERING APPROACH
TO THE AGE-OLD QUEST TO LET GO OF THE
THOUGHTS AND FEELINGS THAT BLOCK
HAPPINESS, IMPEDE CHANGE, AND HINDER
SELF-ACCEPTANCE**

Anyone who has dipped a toe into any of the world's spiritual traditions knows that *letting go and letting be* are key. But *how*? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these “no-things” of their power and let them go by making a simple change of mind. Russell boils this *letting go* down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.

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FOREWORD BY ECKHART TOLLE



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If you let go a little, you have a little peace.
If you let go a lot, you have a lot of peace.
If you let go completely, you have complete peace.

— AJAHN CHAH

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About Eckhart Tolle Editions

Eckhart Tolle Editions was launched in 2015 to publish life-changing works, both old and new, that have been personally selected by Eckhart Tolle. This imprint of New World Library presents books that can powerfully aid in transforming consciousness and awakening readers to a life of purpose and presence.

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“Peter Russell’s invaluable book can become an essential companion on your spiritual path.”

— FROM THE FOREWORD BY ECKHART TOLLE

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