



# Letting Go, Hanging On: A Guide for the Spiritual Journey

*John L. Graden, Wendy M. Foreword Wright*

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Letting Go, Hanging On seeks to help people examine their lives in terms of what they hold on to, should hold on to, and what they should let go of in order to grow spiritually and follow Jesus. John Graden introduces the Salesian spirituality of attachment and holy indifference that will help readers simplify their lives, reduce their anxieties, and focus on what is essential to Christian living.

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