

The Ecstasy of Surrender

A new book by bestselling author Dr. Judith Orloff reveals the many wonders, surprises, and benefits of letting go.

Do you work to the point of exhaustion because you're determined to meet goals and complete your tasks? Do you have intense relationships that fill your life with high drama? Do you struggle to achieve moderation—in spending, eating, or drinking?

New York Times bestselling author Dr. Judith Orloff says many of us are stressed out, unhealthy, and exhausted by our lives, careers, and relationships. We don't have joy, pleasure, and spontaneity. That's because behaviors such as trying to control too much or make things happen can have the opposite intended effect and sabotage us.

There's a better way to find happiness, health, and balance in one's life—and that's to surrender, or just let go.

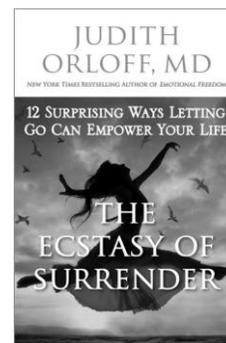
In her new book, ***The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*** (Harmony Books, 2014), Dr. Orloff presents 12 key areas of life, from finances and communication, to sexuality and illness, where learning how to surrender will yield surprising, positive outcomes. Surrendering opens us up to intuition, serendipity, and unexpected gifts. It enables us to get what we really need and want in life—but without trying!

In every chapter, Dr. Orloff offers insights and tools to help readers find new ways to strike a balance between controlling and letting go, as well as quizzes and "how-to" exercises so we can readily put these concepts into practice.

Readers learn how to:

- Identify difficult people types and learn to cope with them.
- Experience a new level of sensual pleasure and sexual freedom.
- Let go of a negative body image.
- Harness the healing power of tears to relieve heartache and loss.
- Know your money type and let go of financial struggles.
- Surrender an addiction to unavailable men and women.
- Change our relationship to power and become more influential.
- Surrender to nature and find inspiration and creativity.
- Avoid absorbing other people's stress.
- Age gracefully and radiantly, and live life to the fullest.

This highly practical book will be invaluable for anyone who works too hard, lacks balance, feels unhealthy, is stressed out, has dissatisfying relationships, or just wants to get more joy, pleasure, and spark out of life.



Would you like to stop pushing, micro-managing, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for more? How would you like to live in "the zone," propelled by powerful currents toward positive relationships, love, health, and financial and career abundance? Prepare to experience the ecstasy of surrender!

For more info, contact:

CATHY S. LEWIS

CSLEWISPUBLICITY@GMAIL.COM

(845) 679-2188

CSLEWISPUBLICITY.COM

About the Author

JUDITH ORLOFF MD, assistant Clinical Professor of Psychiatry at UCLA, is author of the *New York Times* bestseller ***Emotional Freedom***. Dr. Orloff has debuted her new book, ***The Ecstasy of Surrender***, in her popular TED talk presentation by the same name, and has appeared on *The Dr. Oz Show*, *The Today Show*, PBS, CNN, PBS, NPR, and many others. More information and inspiration are at www.drjudithorloff.com.

Surrender is the secret weapon that allows you to be more powerful, happy, and successful. Though surrender is typically considered counterintuitive to success—it's wrongly associated with weakness and defeat—it can make you more powerful when done at the right time in the right way. Otherwise you can jinx success by trying too hard and being too intense.