



# Let it Go!

*Ph.D. Virginia Harrison*

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Let it Go! Many times, we encounter trials in life that we believe will take us out of this world through a stress attack, heart attack or some other ailment. Even though we say that we trust in the Lord, it does not necessarily mean that the anxiety or stress associated with the trial always goes away. But, believing and trusting in the Lord in our spirit and heart enables us to know that God will work the situation out for our good. Trusting God does not mean that we will not get any bruises and experience pain during the trial. What it means is that the great and mighty God that we serve will take the problem when we cast the care upon Him, letting it go and allowing Him to handle it. This book is about the struggles one woman encountered in her life and the difficulties she had in letting those struggles go. Her life was stuck like glue to the pain and trials in her life until she decided it was not profiting her anything to hold on. Finally, with the help of the Lord she was able to let it go. Join Dr. Harrison as she shows you how to let go of every weight and sin that holds you back from being free in the Lord.

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