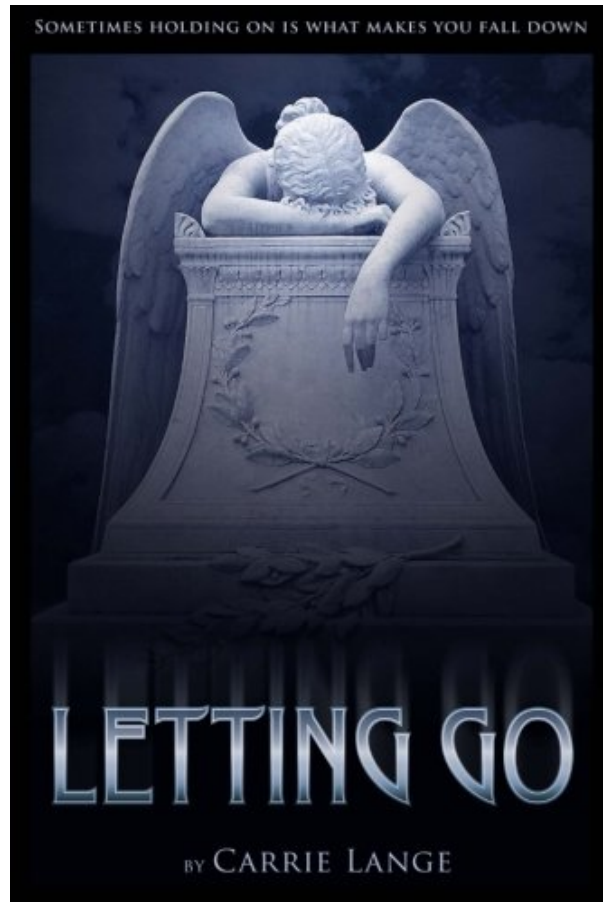


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When Dan put a gun to his head and pulled the trigger, he thought it would all be over, but he soon learns that in death, just like in life, you don't always get what you want. As he watches the consequences of his suicide he meets Tar, a benevolent spirit who tries to help him let go of his life on Earth and move on to 'real Heaven'. A dark, tormented spirit is drawn to Dan's fiancée, Anne, as she struggles with her grief and guilt, becoming her constant companion. Dan hopes that with Tar's help, he can find a way to save Anne and her three-year-old daughter from the shadowy spirit. However, things aren't always what they seem with spirits, and Dan begins to wonder who it truly haunts. All proceeds from the sale of this book will be donated to The National Suicide Prevention Lifeline. 'Letting Go' is like 'The Five People You Meet in Heaven' told from both sides of Heaven, 'The Lovely Bones' meets 'A Grief Observed'. It's a character-driven narrative exploration of grief, mental illness, suicide, regret, and letting go of things that cannot be changed. An emotion fueled drama which will make you cry, and sometimes laugh (or at least chuckle on the inside). This story will touch the heart of all those who have struggled with forgiveness and letting go of things that cannot be changed. It will also provide comfort to the victims of suicide, who often suffer silently with their guilt and shame, and to anyone who has experienced profound grief, or depression. It is the author's hope that this book will save lives by giving pause to someone who is contemplating suicide, if only long enough for them to reach out for the help they need.

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- 248 pages

### Most helpful customer reviews

8 of 8 people found the following review helpful.

Beautiful & Haunting

By Monterey Sirak

Carrie Lange writes with the soul of a poet telling a beautiful and haunting story of love, loss, and the redemption of life. She shows brilliantly how a person's choices resonate, affecting all those who care and are involved in his life. What lies on the other side of the ultimate choice, whether to live or die, is depicted in a marvelous picture painted with vivid words. The reader will come to care about the characters as if they were much loved friends or family. This book is a must read for everyone.

7 of 7 people found the following review helpful.

Emotionally difficult read, but one that definitely needs to be read.

By Tiffany, Avid Book Devourer

This was a very moving book that explores not only those who commit suicide, but the aftermath for the survivors: the ones they left behind. It is incredibly emotional, frustrating, and really makes you think about the thoughtless remarks that come out of people's mouths, even if they are well-meaning. Tar and Rale's

story was just as heartbreaking as Dan and Anne's, and their inability to let go. This is not an easy read due to the subject matter at hand. It isn't a breezy book. It's thought-provoking, heartwrenching, sad, and yet...hopeful. There is hope. There is always hope. Dan thought everyone would be better off if he was no longer in the world, that his pain would stop as soon as he pulled the trigger. But it didn't. He had to learn to let go first, but how could he when he sees his Anne so tormented?

As you journey with Dan and Anne and others, I think you'll run a gamut of emotions from sympathy and empathy to shock to contemplation of people in your own life, etc. The bigger picture of this book is heartfelt and emotional and true: keep living. You are worth saving. Don't give up. When you need help, reach out and ask for it, either from someone you trust or that hotline. There are people to help. You are not alone.

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