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caleb_campbell • Follow
Los Angeles, California



Caleb Campbell ✓
@caleb_campbell

Today, I choose to let go.

I let go of my grasp on people, things, expectations & any attachment to specific outcomes. Holding on will not change the situation, the person or the problem. But letting go creates the open space for new outcomes, opportunities, & possibilities.

THE **NAKED** SOUL *With Caleb*

caleb_campbell @schwh_ ❤️

valeriesmoments @caleb_campbell when I first started following your posts, I was amazed at how such a successful good-looking guy could have the same struggles as an overweight, underemployed, average woman has within her soul. I have been Afflicted with BPD, depression, severe anxiety, you name it. Medications, therapy, are nervous breakdowns have been my history, running away from an abusive childhood. It was stunning to see someone as put together as you, having the same struggles as I have inside my mind. Recently I somehow Came Upon a writing by Jeremy Griffith, an Australian biologist, who discusses The Human Condition. He has 2 books, one is called Freedom which is the larger version, freedom an end to The Human Condition and the other is transform your life. Transform your life is easier to read and a condensed version of the Freedom book . Caleb, read this book, it will change you forever for the better and put to rest all those struggles you face inside your mind and have ever faced before. It will put all the puzzle pieces together. I am just a normal person who just finished reading it and when I came across your post today Oh, I thought you would be the best person to read this book cuz I think you'll get it Namaste my friend ❤️

kurtteixeira ❤️

blissfulbabyservices ❤️👊🇺🇸

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