









# LOVINGLY LET IT GO

RELEASE PAINFUL MEMORIES  
QUICKLY AND EASILY



ALSO BY JEANNETTE VAN UFFELEN

In Dutch in 2007:  
ONDER~STROOM  
*Levensfasebeleid*

In Dutch in 2022 & 2026:  
LEKKER LOS LATEN  
*Snel en met gemak pijnlijke herinneringen loslaten*

In German in 2026:  
LEICHT LOSLASSEN  
*Schnell und mühelos schmerzhaftes Erinnerungen loslassen*





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QUICKLY AND EASILY

*Jeannette van Uffelen*

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Titel: LOVINGLY LET IT GO

Release painful memories quickly and easily

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*For my daughter and my mother*

*My daughter is my strongest driver to let go. Every day again and again. What you don't release you take with you and you pass it on. To her I only want to pass on the best of the best. That's why I learnt to let go. And with her I learn how to do that and I see that I can.*

*My mother is my training ground. She inspires me to let go of beliefs and habits, which I don't need anymore. She has carried me and deep inside I've always known that her love is limitless.*



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## PREFACE

It seems surreal to be writing these words of introduction to this book on a topic that has been unbeknownst to me, the driving force of most of my very existence.

It's for that very reason, I feel honoured to firstly be alive and able to write these words of encouragement for anyone else that is navigating their way through the unravelling of trauma in any form, after finding my own way through and out of a lifetime of trauma with very little help from the professional community.

Secondly, because most people believe that trauma is something to be endured rather than understood and released as we gain the wisdom and insights it has to offer us. Once we can change the way we approach it, we are able to understand that it had something to offer us that inevitably directs us to a higher understanding of who we are and what we have to offer the world.

Finally, because this topic is so misunderstood and treated as a life sentence, rather than an opportunity to turn and see the incredible amount of strength and empowerment that each of us hold within ourselves when given the right environment to release the aspects of the experiences that our mind has deemed dangerous.

Jeannette van Uffelen is one of the most authentic and honest people I have ever met. We met years ago when we were both volunteering at a long-term substance abuse centre in Hawaii. From the moment we met,

I knew I had met someone who was as dedicated to healing trauma as I am.

The thing that stood out to me about Jeannette from the very beginning, all those years ago, was her ability to bring fun and laughter to a situation that was otherwise considered very serious.

She can be as blunt as a kick in the teeth, but that is part of what I love and respect about her. You never have to guess what Jeannette is thinking. What you see is what you get and that is such rarity in a world that is full of double talk, self-serving and ambiguity. At the same time, her love for life is present in every area of her work, allowing her to bring that lightness to some very serious and heavy topics.

That's all to say, I have also spent a lifetime of watching people, looking for authenticity, honesty, and shared values. Jeannette is someone that I trust to go to when I want an honest answer. She is the person that will tell me the truth whether I like it or not and make it humorous at the same time.

My experience has been that there are many practitioners out there that know the theory of what we are working with, but very few walk their talk. Very few have had their boots in the trenches, and as much as they want to help, can quite go all the way with their clients. I have worked with countless other practitioners over those years, Jeannette is what I call the real deal.

That is what I would want for anyone entering this journey of self-discovery to have, a guide that has already travelled the trek and knows the twists and turns that show up along the way. That has first-hand knowledge on how to not only navigate the journey, but how to successfully get to the other side and have it been an experience that uplifts you.



I have seen and experienced her work firsthand. I have seen clients that have suffered with a lifetime of trauma walk away from a session with a lightness that they have not ever experienced before. Her ability to understand how the mind processes trauma and codes those events is crucial to creating the change that you are looking for. She questions nearly everything. She thinks and processes from principles first.

For Jeannette, this is not just a job, this is her passion. She has a light approach to heavy subjects and makes getting rid of stuff very easy. Her number one talent is taking difficult things and breaking them down to a more simple and easy understanding way. She has taken a lifetime of work and broken it down into simple concepts that you are able to apply firsthand and create change in your life. She thinks holistically and long term. Most important, she doesn't take herself too seriously.

This book will give you a good taste of what living from a place of freedom really looks and feels like. So, pay attention, what you are holding here is a way out of the pain and frustration that has kept you stuck up until this point. Follow her advice... but only if it holds up after scrutiny and testing in your own life. Consider everything... try it out, don't take it as gospel, check it out and see how it holds up in your own experience. Jeannette would want you to challenge her, if you bring your A-game and actually put to practice the principles she is sharing here.

Jeannette has changed countless lives for the better and if you approach the following pages with an open mind and a level of high curiosity, put the pen to paper, she might just empower you to change yours.

Kim Jewell  
Trauma & Anxiety Expert  
Queensland, Australië

# BONUS MATERIAL

In this book you'll find bonus material.

- ★ It helps you deepen your knowledge about this subject.
- ★ It gives you more insight of what it can mean to you.
- ★ It gives you tips to put into practice.

All the bonus material is free. So pay attention to it.  
Some instructions work better with a video or a photo.

Anyone who holds this book in their hands can view or download the bonus material from the website [jeannettevanuffelen.com](http://jeannettevanuffelen.com). You will find translation options on the website.

Some pages require you to provide your name and email address for access, but you only need to do this once.