

# let go françois fenelon

Let Go François Fénelon: Embracing Spiritual Freedom and Inner Peace

**Let go François Fénelon**—these words evoke a profound invitation to release attachments, surrender control, and embrace a deeper spiritual freedom. François Fénelon, a French archbishop, theologian, and writer of the late 17th and early 18th centuries, offers timeless wisdom that resonates even today with those seeking calm amidst chaos. His teachings on letting go are not just religious directives but insightful guidance on human psychology, spirituality, and emotional well-being.

In this article, we explore the concept of letting go through the lens of François Fénelon's life and works. We'll delve into his philosophy, extract practical lessons, and discover how his ideas can help anyone cultivate inner peace in a fast-paced, often stressful world.

## Who Was François Fénelon?

Before diving into the meaning of “let go” in Fénelon's teachings, it's helpful to understand the man behind the ideas. François de Salignac de la Mothe-Fénelon (1651-1715) was an influential French Roman Catholic archbishop, theologian, poet, and writer. Known for his gentle spirituality and mystical approach to faith, Fénelon was a prominent figure during the reign of Louis XIV.

Fénelon's writings often emphasized humility, detachment from worldly desires, and the importance of surrendering one's will to a higher divine order. His most famous work, *\*The Adventures of Telemachus\**, is a blend of political philosophy and moral lessons, but it is his spiritual letters and treatises that reveal his heart's calling: to help souls find freedom through surrender and love.

## Understanding the Concept of Letting Go in François Fénelon's Philosophy

### What Does “Let Go” Mean in This Context?

To “let go,” in the context of François Fénelon's teachings, is fundamentally about detachment—not in a cold or indifferent way but as a form of loving release. It is the art of relinquishing control over outcomes, desires, and attachments that bind the soul to suffering or unrest.

For Fénelon, letting go involves:

- Releasing personal ego and selfish ambitions
- Surrendering to divine providence
- Trusting in a greater plan beyond one's immediate understanding
- Embracing humility and simplicity

This spiritual surrender opens the door to peace, as the individual no longer struggles against life's circumstances but flows harmoniously with them.

## **Letting Go of Control: A Path to Freedom**

Often, the biggest barrier to inner peace is our relentless desire to control everything—from people to situations. Fénelon cautioned against this obsession, urging believers to recognize their limits and the futility of resistance.

By “letting go” of control, we free ourselves from anxiety and frustration. Fénelon's approach suggests that true freedom comes not from dominating life's events but from accepting them with grace and trust.

## **Practical Lessons from François Fénelon on Letting Go**

How can modern readers apply Fénelon's wisdom on letting go in everyday life? Here are some practical insights derived from his spiritual teachings:

### **1. Cultivate Humility**

Humility is central to Fénelon's idea of letting go. Recognizing that we are not the center of the universe helps dissolve egocentric fears and desires. When we accept our limitations, we become open to growth and transformation.

### **2. Practice Surrender Through Prayer and Reflection**

Fénelon emphasized prayer as a means to release burdens and align with divine will. Regular moments of silent reflection or meditation can help quiet the mind and foster trust in life's unfolding.

### **3. Embrace Simplicity and Detachment**

In a world obsessed with material success and accumulation, Fénelon's call to simplicity offers a refreshing counterpoint. Letting go of attachments to possessions, status, and even relationships when necessary can lighten emotional weight.

### **4. Develop Compassionate Love**

Letting go is not about detaching from others coldly but loving them without clinging. Fénelon advocates for a love that respects freedom—both ours and theirs—which is the foundation of healthy relationships.

# **The Spiritual Impact of Letting Go François Fénelon Style**

## **Inner Peace and Joy**

By following Fénelon's path of letting go, individuals often experience a deep sense of peace and joy that does not depend on external circumstances. This spiritual serenity arises from trust and surrender, qualities that Fénelon described as essential to the soul's well-being.

## **Freedom from Suffering**

Suffering often stems from attachment—wanting things to be different than they are. Letting go helps break this cycle by teaching acceptance and patience, thereby reducing emotional turmoil.

## **Greater Awareness and Presence**

When we release obsessive concerns and control, we become more present. Fénelon's teachings encourage mindfulness and awareness, which enrich our daily experiences and relationships.

## **Let Go François Fénelon: Applying His Wisdom in Today's World**

In contemporary life, stress and uncertainty are common. Many people struggle with anxiety, control issues, and emotional overload. Fénelon's timeless advice to "let go" can be a balm for modern minds.

## **Using Letting Go to Manage Stress**

When overwhelmed by work, relationships, or personal challenges, consciously practicing letting go can help. This might involve:

- Accepting what cannot be changed
- Prioritizing what truly matters
- Trusting in the process rather than forcing outcomes

## **Incorporating Letting Go in Personal Growth**

Personal development often requires releasing old patterns and beliefs. Fénelon's teachings inspire us to let go of limiting self-concepts and welcome transformation with openness.

## **Building Healthier Relationships**

Learning to love without attachment, as Fénelon suggests, can improve relationships by reducing dependency and fostering mutual respect. Letting go of control over others creates space for authentic connection.

## **Final Thoughts on Let Go François Fénelon**

Exploring François Fénelon's perspective on letting go reveals a rich spiritual tradition that encourages freedom through surrender. His insights invite us to release the burdens of control, ego, and attachment, guiding us toward a life marked by humility, love, and peace.

Embracing the art of letting go, as Fénelon teaches, does not mean passivity but rather an active trust in life's deeper rhythms. It opens the door to transformation, allowing the soul to flourish in harmony with the divine and the world around us. Whether through prayer, reflection, or daily practice, the wisdom of François Fénelon remains a valuable companion for anyone seeking to live more freely and fully.

## **Frequently Asked Questions**

### **Who was François Fénelon?**

François Fénelon was a French Roman Catholic archbishop, theologian, poet, and writer, best known for his work 'The Adventures of Telemachus' and his contributions to spiritual literature in the late 17th and early 18th centuries.

### **What is the meaning of 'let go' in the context of François Fénelon's teachings?**

'Let go' in the context of François Fénelon's teachings refers to the spiritual practice of surrendering one's ego, desires, and attachments to God, promoting humility and trust in divine providence.

### **Did François Fénelon write about the concept of 'letting go'?**

Yes, François Fénelon emphasized the importance of detachment and surrender in his spiritual writings, encouraging believers to 'let go' of worldly concerns and focus on inner peace and divine love.

### **What is François Fénelon's most famous work related to spirituality?**

François Fénelon's most famous spiritual work is 'Spiritual Letters,' a collection of letters offering guidance on prayer, humility, and the spiritual life, highlighting the practice of letting go of selfish desires.

## How can François Fénelon's ideas about letting go be applied today?

Fénelon's ideas about letting go can be applied today by practicing mindfulness, embracing humility, releasing attachments to materialism, and cultivating trust in a higher power to achieve inner peace.

## Are there modern interpretations of François Fénelon's teachings on letting go?

Yes, modern spiritual teachers and scholars often interpret Fénelon's teachings as advocating for emotional and spiritual resilience through surrender, encouraging people to release control and find freedom in acceptance.

## Additional Resources

Let Go François Fénelon: An Analytical Exploration of the Spiritual Legacy

**let go francois fenelon** is a phrase that resonates deeply within spiritual and literary circles, evoking the profound teachings of François Fénelon, the 17th-century French archbishop, theologian, and writer. Known for his contemplative works and his advocacy for inner peace through surrender and detachment, Fénelon's philosophy centers on the concept of "letting go" as a pathway to spiritual freedom. This article delves into the meaning behind "let go François Fénelon," examining its historical context, theological implications, and enduring relevance in contemporary spiritual discourse.

## Historical Context: Who Was François Fénelon?

François Fénelon (1651–1715) was a prominent figure in the French Catholic Church and a prolific writer whose works influenced spiritual thought across Europe. Appointed as the Archbishop of Cambrai, Fénelon was not only a religious authority but also a tutor to the Duke of Burgundy, the grandson of King Louis XIV. His notable works, such as *\*The Adventures of Telemachus\** and *\*Spiritual Letters\**, emphasize humility, self-denial, and the importance of divine love.

Fénelon lived during a period marked by religious tensions and political upheaval, which shaped his approach to spirituality. His advocacy for quietism—the practice of inner stillness and surrender to God—was controversial, leading to scrutiny and censure by the Catholic Church. Despite this, his teachings on “letting go” have persisted as a cornerstone of Christian mysticism and have found echoes in modern mindfulness and spiritual practices.

## The Philosophical Meaning of “Let Go” in Fénelon's Teachings

At the heart of “let go François Fénelon” lies the principle of relinquishing attachment to worldly desires, ego, and even personal will. Fénelon believed

that true spiritual progress requires surrendering oneself entirely to God's will, which involves a deep, transformative "letting go." This detachment is not mere abandonment but an active choice to embrace humility and trust in divine providence.

## **Detachment as a Path to Inner Peace**

Fénelon's emphasis on detachment aligns with his broader theological vision: that the soul finds peace only when freed from the burdens of selfish desires and anxieties. By "letting go," individuals can move beyond the distractions of materialism and ego-driven ambition, enabling a profound union with God. This spiritual freedom is described as a state of serenity and joy, attainable through patience and trust.

## **Contrast with Contemporary Spiritual Practices**

Interestingly, the concept of "letting go" as articulated by Fénelon shares similarities with modern mindfulness and meditation techniques that encourage non-attachment and present-moment awareness. However, Fénelon's approach is distinctly theocentric, rooted in the belief that surrender to God's will is essential. Unlike secular mindfulness, which often emphasizes self-empowerment, Fénelon's "let go" is about self-emptying and divine submission.

## **Let Go François Fénelon: Relevance in Today's World**

In an age characterized by rapid change, information overload, and relentless pursuit of success, the notion of "letting go" proposed by Fénelon offers a countercultural perspective. Many seekers today find resonance in his call to step back from control and embrace vulnerability.

## **Applications in Modern Spirituality and Psychology**

Psychologists and spiritual teachers alike have found Fénelon's insights valuable for addressing stress, anxiety, and existential concerns. The practice of "letting go" can be viewed as a form of emotional regulation that reduces attachment to outcomes, thus fostering resilience. Moreover, Fénelon's stress on humility and surrender can complement therapeutic approaches that encourage acceptance and present-moment focus.

## **Challenges and Critiques**

While Fénelon's teachings inspire many, some critics argue that his emphasis on surrender may lead to passivity or resignation in the face of injustice or adversity. The balance between "letting go" and proactive engagement remains a nuanced debate within spiritual and ethical discussions.

# Key Teachings and Texts to Understand “Let Go François Fénelon”

To grasp the depth of Fénelon’s philosophy on letting go, several primary texts and concepts are essential:

- **Spiritual Letters:** A collection of correspondence where Fénelon advises on the practice of surrender and detachment.
- **The Maxims of the Saints:** Aphorisms summarizing the virtues necessary for spiritual perfection, including humility and abandonment.
- **The Adventures of Telemachus:** Although a political and moral allegory, it reflects Fénelon’s views on virtue and detachment from worldly power.
- **Quietism:** The mystical doctrine emphasizing passivity and inner stillness, central to Fénelon’s spiritual outlook.

Each of these illustrates various facets of how “letting go” functions as a transformative spiritual discipline.

## Comparative Perspectives: Fénelon and Other Mystics

Fénelon’s teachings on letting go invite comparison with other Christian mystics such as St. John of the Cross and Teresa of Avila, who similarly emphasized surrender and the purification of the soul. Beyond Christianity, parallels can be drawn with Eastern traditions like Buddhism and Taoism, where non-attachment and flow are fundamental.

However, Fénelon’s unique contribution lies in framing “letting go” within the relational dynamic between the soul and God, underscoring love and trust rather than detachment as an end in itself.

## Pros and Cons of Fénelon’s Approach

- **Pros:** Encourages deep spiritual humility, fosters resilience against worldly distractions, promotes inner peace.
- **Cons:** Potential misinterpretation as passivity, possible conflict with active social engagement, requires careful theological understanding.

## Practical Insights for Embracing “Let Go

# François Fénelon" Today

For those inspired by Fénelon's message, integrating his concept of letting go into daily life involves several practical steps:

1. **Self-examination:** Identify attachments and control habits that cause stress or hinder spiritual growth.
2. **Practice surrender:** Cultivate trust through prayer, meditation, or contemplative silence.
3. **Embrace humility:** Recognize personal limitations and the value of dependence on a higher power.
4. **Balance action and surrender:** Engage responsibly with the world while maintaining inner detachment.

These methods help translate Fénelon's 17th-century wisdom into actionable guidance relevant for modern spiritual seekers.

The phrase "let go François Fénelon" encapsulates a timeless invitation to release control and find freedom in surrender. While rooted in a specific theological tradition, its implications extend far beyond, offering insights into the universal human quest for peace amidst turmoil. Fénelon's legacy endures as a beacon for those willing to embrace the paradoxical strength found in letting go.

## Let Go Francois Fenelon

**let go francois fenelon: Brief History of the Charismatic Movement, Christian Mysticism, and Let-Go-Let-God** Wayne ODonnell, 2020-05-11 All my books can be read online for free at <http://wayneodonnell.com>. "Freely you have received, freely give" (Mt. 10:8). This booklet is included in and comprises one section in my book "Paul's Decision Making in Acts: Anti-Charismatic, Pro-Jewish." The history of the Charismatic Movement, Christian Mysticism, and the Let-Go-Let-God doctrine is the history of both misinterpreting the Bible, and also of seeking something more than the Bible. It's about wanting to get something quick and exciting after justification and before glorification, instead of just diligently laboring using the new mind to serve and battle. Rom. 7:6, Now ... we ... serve in newness of spirit. Rom. 8:3-9, They that are after the flesh [all the unsaved] do mind [think about and love] the things of the flesh; but they that are after the Spirit [all who have been justified, think about and love] the things of the Spirit [the Word]. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is hatred against God. ... So then they that are in the flesh [all the unsaved] can't please God. But you [all who have been justified] are not in the flesh, but in the Spirit, since the Spirit of God dwells in you. Now if any man doesn't have the Spirit of Messiah [only the unsaved], he is none of his. Biblically, there's no shortcut to sanctification. After we're justified, we learn and labor, using the new mind, and the next event is glorification. 1 Ths. 1:9, You turned to God from idols [past spiritual justification event], to serve the living and true God [present sanctification process], and to wait for his Son from heaven [future physical glorification event]. The greatest hindrance to more complete practical sanctification, is the false doctrine of "let go and let God," as taught by John Wesley (sinless



perfectionism), Phoebe Palmer (altar theology), William Boardman (higher life), Hannah Whitall Smith (secret of a happy Christian life), the Keswick Convention (resting faith), Charles Trumbull (victorious life), and many others. As Watchman Nee (1903-1972) said, From now on I will not do anything, I will not manage anything, and I will not be concerned about anything. From now on I will let go. Brothers and sisters, this is surrendering. This is letting go. But Jesus said, Mt. 9:38, Pray ... the Lord ... will send forth -laborers- into his harvest.

**let go francois fenelon:** Let Go François de Salignac de La Mothe- Fénelon, 1973 What a fountain of life it would be to discover how to let go of those distresses and learn to embrace the joy and peace that God has promised!

**let go francois fenelon: Der wahre Abschied - Ein unheimlicher Roman** Chad Lutzke, 2025-06-23 »Emmett deckt das Laken ab. Es ist eine Frau. Ihr Gesicht ist blau und verängstigt. In den ersten Jahren seiner Ausbildung waren es die Gesichter, die Emmett am meisten beunruhigten. Das Abnehmen des Lakens brachte unvorhersehbare Ausdrücke und Zustände zum Vorschein, die ihn mehr als einmal erschütterten. Bevor er bei Griffin gearbeitet hatte, stellte er sich den Tod so vor, wie er in Filmen dargestellt wird - ruhig mit geschlossenen Lidern, nicht mit klaffenden Mündern und wilden, starrenden Augen.« Emmett Irving ist verwitwet und arbeitet seit vielen Jahren als Bestatter im selben Bestattungsinstitut. Seit dem Tod seiner Frau hat er nichts in ihrem gemeinsamen Haus verändert - er fühlt sich leer, ausgebrannt und ganz allein. Eines Tages kommt die Leiche einer jungen Frau herein und sie sieht wie seine Kate in jungen Jahren aus. Morbid und beklemmend düster wird es, als er sie sorgfältig präpariert und schließlich mit nach Hause nimmt ... »... eine fesselnde und glaubwürdige Geschichte über eine verlorene Liebe und einen gebrochenen Protagonisten ... eine eindringliche Geschichte eines Mannes, der an seinem Kummer zerbrochen ist. Lutzke hat ein feines Gespür für die dunklen psychologischen Elemente des Verlusts.« »... eine verstörende Geschichte über den Verlust, die sowohl an den Nerven zerrt als auch den Magen umdreht.« »Lutzke schreibt über unüberwindbare Trauer wie über einen alten Bekannten und zieht die Leser in eine Geschichte hinein, die sie nicht mehr aus der Hand legen können. Herzerreißend und berührend.«

**let go francois fenelon:** Francois Fenelon A Biography Peter Gorday, 2012-03-01 Discover the wisdom of this controversial theologian whose counsel and meditations have found a wide audience for more than three centuries. François Fénelon was a seventeenth-century French archbishop who rose to a position of influence in the court of Louis XIV. Amid the splendor and decadence of Versailles, Fénelon became a wise mentor to many members of the king's court as well as to the controversial Madame Guyon. Later exiled from Versailles for political reasons, Fénelon set out to improve the lot of peasants of his diocese and to deepen the spiritual life of all with whom he came in contact. Until his death, he corresponded with those at court who had become his spiritual "children." Twenty-first century Christians are rediscovering the wisdom of this spiritual thinker. Together with Pascal—who was an old man in Fenelon's youth—he showed how it was possible to have devotion and faith in the Age of Enlightenment. He battled heresies, faced charges of heresy himself, and wrote masterful books of insight into the spiritual life. "Peter Gorday's life of Fenelon is a gem. I recommend it to anyone with an interest in Fenelon or Christian mysticism in general." -Dr. Chad Helms, Professor of Modern Foreign Languages, Presbyterian College, and editor of Fenelon: Selected Writings (Classics of Western Spirituality) "Gorday traces the complex situation in Fenelon's time and the varying perspectives of his interpreters. He declares him not cunning but tough as a thinker. In this book, we get not only a fascinating story but also a subtle guide to self-examination." -Dr. Eugene TeSelle, Emeritus, Vanderbilt Divinity School

**let go francois fenelon:** The Complete Fenelon Francois Fenelon, 2008-11-01 The most engaging collection of the French mystics' writings now available Twenty-first century Christians are now discovering the wisdom of this controversial theologian and spiritual thinker. Fénelon showed how it was possible to have devotion and faith in the original Age of Reason. In many respects, rationality still rules today in religion and culture, and as a result, Fénelon speaks to modern Christians wanting deeper faith and a meaningful inner life. His writings have never been as

accessible as they are now in these lively new translations. The Complete Fénelon includes more than one hundred of Fénelon's letters of spiritual counsel, as well as meditations on eighty-five other topics. Also translated here into English for the first time are Fénelon's personal reflections on twenty-one seasons and holidays of the Christian year. An introduction from bestselling translator Robert J. Edmonson and in-depth recommended reading and bibliography make this the first place to start in any study of Francois Fénelon.

**let go francois fenelon: Unburdened** Chris Tiegreen, 2010-07-21 In his Word, God promises us freedom from worry. Wouldn't it be nice if we actually believed him? What would happen if you took the concerns that grip you, that keep you awake at night, that clench your stomach in knots . . . and truly handed them over to his keeping? Like no other writer can do, best-selling author Chris Tiegreen opens your eyes and heart to a better, more weightless way to live. Unburdened won't teach you how to avoid responsibility or hide from serious issues. Neither is it about how to escape and go live on a beach—though having a couple of palm trees around never hurts. It's about taking the burdens you currently carry and making them much, much lighter. It's about transferring the weight of your responsibilities from the weak shoulders of your flesh to the strong fingertips of God. It's about learning to live in deep-down, heart-level freedom. And no one who reads Unburdened will walk away unchanged.

**let go francois fenelon: The Living Legacy** Ben Witherington, Julie Noelle Hare, 2009-01-01 The Living Legacy is a resource for spiritual formation that involves original Christian poetry, theological analysis, and spiritual formation exercises following the lectio divina. Following the seasons of the Church Year, Witherington and Hare provide a guide to help those of us on spiritual journeys as we seek to explore 'the living legacy,' which is our faith in the biblical God.

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**let go francois fenelon: Extracts from the Writings of François Fenelon, Archbishop of Cambray** François de Salignac de La Mothe- Fénelon, John Kendall, 1816

**let go francois fenelon: Selections from Fénelon** François de Salignac de La Mothe- Fénelon, 1895

**let go francois fenelon: The New Rebellion Handbook** GRQ, Inc.,

**let go francois fenelon: Authentic** Dr. Rob Reimer, 2024-09-26 How do we develop a deep lasting intimacy with God? One of the problems with being a Christ follower is that we can substitute religious expressions and religious behaviors for authentic experiences and encounters without even know we are doing it. The longer we go to church the more we know the right words to say and the right things to do, but we can easily say those words and do those things without transformational intimacy with Jesus? We can start with significant, transformational encounters with God, and end up with dusty old religion. In Authentic, we will explore the following: -- What is religion and how do we avoid falling into its traps and snares? -- How does intimacy with God and people work? -- How do we develop depth with God and sustain it over a lifetime? -- What are the practices and attitudes that we can develop to help us draw near to God so we can learn to live an authentic spiritual life in Christ? We don't want to settle for the counterfeit, when Jesus offers us abundant life.

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**let go francois fenelon: *Spiritual Authority*** Rob Reimer, 2024-03-11 Jesus gave his disciples authority to preach the good news of the kingdom of God and to cast out demons, heal the sick, save the lost and set the captives free. Everywhere Jesus went, the kingdom came with power. There was no proclamation of the gospel without a demonstration of power. It was the authentic demonstration of Jesus' power through his followers that ignited the greatest spiritual movements in the first century. Today, we are becoming more like the spiritual climate in the first century than like 1950 America. In a pluralistic, syncretistic society where all deities are considered equal, only the unequal display of Jesus' power will convince people of the supremacy of Christ. The key to demonstrating the power of the King is Authority and authority is not just positional; it is developmental. Spiritual authority is rooted in identity, expanded in intimacy and activated by faith. This book takes an in depth look at how we can grow in identity, intimacy and faith so that we can develop our authority and release the kingdom.

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**let go francois fenelon: *Becoming a Woman of Excellence 30th Anniversary Edition*** Cynthia Heald, 2016-07-19 Over 3.5 million sold in series Being a woman isn't always easy. Society pressures us to find our worth by achieving excellence in our appearance, our careers, and our family lives. But this form of success can often lead to anxiety and burnout. God also beckons us to be women of excellence—but what does that look like? If you're hungry for God's perspective, and if you long to be free of societal pressures, you will be deeply fed and refreshed by the truth in these pages. Challenging and encouraging, this bestselling topical Bible study will lead you through Scripture and offer practical guidance on becoming a woman of excellence for the glory of God, regardless of your stage in life. Perfect for personal or group study, this 30th anniversary edition includes: Thought-provoking questions for discussion or personal study Space to journal your reflections and prayers Abundant Scripture research to help you dive deeper into God's Word Short devotionals to inspire and encourage your spirit New thoughts and reflections from author Cynthia Heald, 30 years later Get the rest of the *Becoming a Woman* series by Cynthia Heald, and find peace and encouragement in your identity as a daughter of Christ.

**let go francois fenelon: *The Lost Art of Practicing His Presence*** James W. Goll, 2006-01-28 The presence of God is meant to be more than just an occasional event during Sunday morning Worship—you are meant to live in God's presence! In *The Lost Art of Practicing His Presence*, James W. Goll uncovers ancient and nearly forgotten keys to deeper intimacy with Christ Jesus while revealing the ease of working with Christ instead of for Him. Through this book you will rediscover the lost precepts of Biblical meditation, contemplative prayer, and waiting on the Lord and learn how to apply them in your own life. Most importantly, you will gain inspiration for your own intimate walk and the courage to spread the fire His presence to everyone around you! *The Lost Art of Practicing His Presence* also includes a modern-language translation of *The Practice of the Presence of God* by Brother Lawrence. An inspiration to James Goll, this 15th-century believer has inspired generations of Christians with his simple life and profound writings on the nature and presence of the Lord.

**let go francois fenelon: *The spiritual letters of François de Salignac de la Mothe Fénelon***, tr. from the text ed. by the abbé Gosselin François de Salignac de La Mothe- Fénelon, 1893

**let go francois fenelon: *Attitude Is a Choice—So Pick a Good One*** Bob Phillips, 2023-08-08 A

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