

# The Art Of Letting Go Event, by Case Kenny & JB Copeland

*Embrace the New Year: 'The Art of Letting Go' with Case Kenny & JB Copeland in person for this transformative event*

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On January 26, 2025, the Nack Theater in Frisco, Texas, was abuzz with anticipation as attendees gathered for "The Art of Letting Go," a transformative [event](#) led by renowned mindfulness author Case Kenny and acclaimed podcast host JB Copeland. The event, which sold out well in advance, promised an

afternoon of optimism, clarity, and personal growth—and it delivered beyond expectations.

## A Transformative Experience

From the moment the doors opened at 1:45 PM, participants were welcomed into an atmosphere of warmth and introspection. The two-hour session commenced with a segment on "Mindfulness & The Power of Self-Dialogue," where attendees explored techniques to cultivate inner awareness and engage in constructive self-talk.

Following this, the focus shifted to "Letting Go of the Old to Receive the New," providing strategies to release past negativity and make space for new opportunities. A guided journaling session titled "The Power of Contrast" allowed participants to delve deep into personal reflections, highlighting areas for growth and self-improvement.

As the event progressed, attendees learned to "Let Go of Doubt, Welcoming Clarity," identifying and overcoming self-doubt to achieve mental clarity. A soothing guided visualization exercise further helped manifest desired outcomes, setting a positive tone for the year ahead.

The afternoon concluded with a live Q&A session, where Case and JB addressed audience questions, offering personalized insights and practical advice.



The Art of Letting Go

## Meet the Hosts

Case Kenny is the author of "That's Bold of You: How To Thrive as Your Most Vibrant, Weird, and Real Self," a book that encourages readers to embrace their uniqueness and let go of societal labels. He is also the host of the popular podcast "New Mindset, Who Dis?" where he shares insights on mindfulness and personal development. Case's work has been featured in various media outlets, inspiring individuals to live authentically and boldly.

JB Copeland is the host of "Sappy House," a platform dedicated to exploring emotions and personal growth. Through his engaging content, JB creates a space where all feelings are welcome, helping individuals navigate life's in-between moments. His unique approach to vulnerability and self-exploration has garnered a dedicated following, making him a sought-after speaker and mentor.

## A Sold-Out Success

The overwhelming response to "The Art of Letting Go" underscores the growing public interest in mindfulness and personal development. Attendees left the event feeling lighter, equipped with practical tools to navigate the complexities of life with renewed hope and clarity.

## Stay Connected

For those who couldn't attend, there's good news: Case Kenny and JB Copeland plan to host similar events in the future. To stay informed about upcoming sessions and to gain daily inspiration, follow them on social media:

Case Kenny:

Instagram: @case.kenny

Podcast: New Mindset, Who Dis?

JB Copeland:

Instagram: @jb\_copeland

Platform: Sappy House

Embracing the art of letting go is a journey, and with guides like Case and JB, many are finding the path to personal growth and fulfillment more accessible than ever.

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