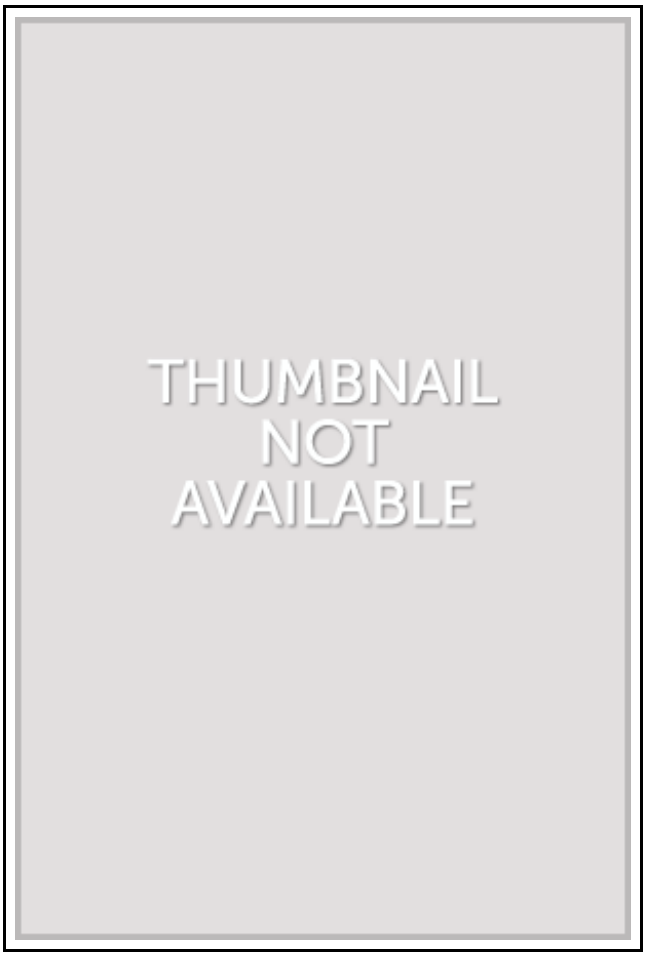
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Filesize: 8.3 MB

Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Noah Cummerata IV)

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Hay House UK Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 164 x 148 mm. Language: English . Brand New Book. Too many of us feel trapped in stagnant romantic, family or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this new book and CD, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness. With Iyanla s 21-Day Forgiveness Plan, you ll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself and even God. With journalling work and Emotional Freedom Techniques (also known as tapping), you ll learn to live with more love; gain new clarity on your life, lessons and blessings; and discover a new level of personal freedom, peace and wellbeing. Forgiveness doesn t mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that - regardless of how challenging, frightening or difficult an experience may seem - everything is just as it needs to be in order for you to grow and learn. When you focus on how things should be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them. As Iyanla says, Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment and fear. Forgiveness is a true path to freedom that can renew faith, build trust and nourish the soul.

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