



Forgiveness: 21 Days to Forgive Everyone for Everything

By Iyanla Vanzant

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...



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