



# How to Forgive Yourself: A Step by Step Guide to Forgiving Yourself and Letting Go of the Past

*Alona Bishop*

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**If you find yourself dwelling on past mistakes while missing out on the potential joys of life, then this book is for you!**

**Read on your PC, Mac, smart phone, tablet, or Kindle device.**

We have all done things that we regret and felt guilty, angry, or sad about. These emotional reactions, and the experience of regret in general, are not necessarily bad. In fact, they are evidence that we have a moral code or a sense of ethics that defines us. Instead, it is our *response* to regret that often causes unnecessary problems. Guilt and related negative emotions are stagnant. But you don't need to be ruled by guilt and what has passed. We must learn to respond to the feelings of guilt and regret in more appropriate ways. This book will help you take necessary steps to gain the capacity for proactive action. You don't have to waste any more time beating yourself up over what has already happened; Instead, your mind and emotions need to be free to focus on what really matters in the present. In this book, I'm going to help you reflect more realistically on what you need to forgive yourself for, and why you have a right to forgive yourself. It's going to be an organic and concerted effort originating from your own thoughts, but I can help you get there. By understanding how each mistake serves a purpose as a learning experience, you will no longer allow your past actions to limit the extent to which you change for the better and move forward in life. Once you learn how to adopt this perspective, it will stay with you, continually benefitting you and those around you. Ultimately from this experience, you will feel lighter and more peaceful as a result of finally being able to live in the present. Let's get started!

## Here Is A Preview Of What You'll Learn...

- The Real Source of Bad Feelings
- Extinguishing Negative Thoughts
- Developing Empathy for Yourself
- Considering Life as a Classroom
- Learning to Evolve
- Much, much more!

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