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Forgiveness: How to Let Go When It Still Hurts

Di Riseborough

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Recently interviewed on the Oprah Winfrey Network, Di Riseborough, through her powerful story teaches how the process of forgiveness allows us to reclaim our power and take back control of our lives. Overcoming a number of life's challenges and ultimately facing the man who murdered her grandmother, she turned her experiences into an action plan, faced her fears and reclaimed her personal power. Forgiving someone who has hurt you is often difficult, even in the most challenging situations. Although everyone is familiar with the concept of forgiveness - the act of no longer feeling anger and resentment toward someone - it can be extremely difficult to understand, let alone practice. We really don't know how to deal with it; we've never been taught.

In this life-changing guide, Di Riseborough gently leads you on the ultimate journey through healing self-blame, denial, anger, resentment, and guilt to finding peace, compassion, and ultimately love. Her inspiring and thoroughly practical book guides you through the stages of forgiveness, exploring step by step the healing pathway to peace. With clarity, insight, and sensitivity, this book is the perfect resource that offers specific and clear actions for listeners who seek to apply it in every area of their lives - their marriages, their families, their friendships, and their business relationships. As an Intuitive Life Strategist and Transformational Speaker, the essence of her business is transformational, intuitive, spiritual, inspirational, energy-boosting, and action-oriented. She stresses the importance of living our lives in the present with The Seven Keys of C.O.U.R.A.G.E., a 7-key acronym she uses to teach people how to live their best life.

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The reason why? Because this Forgiveness: How to Let Go When It Still Hurts is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content inside easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book possess such as help improving your skill and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

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