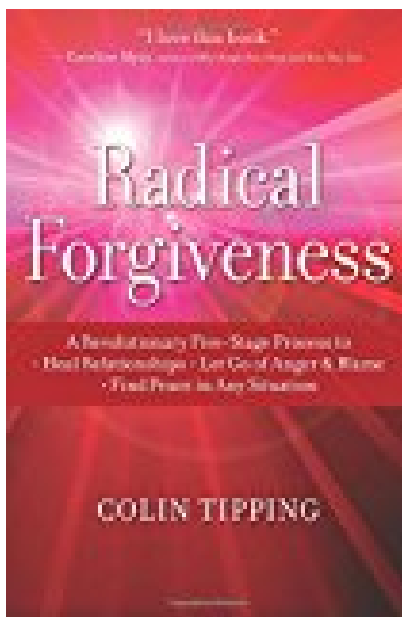


Radical Forgiveness A Revolutionary Five-Stage Process to - Heal Relationships - Let Go of Anger and Blame - Find Peace in Any Situation



BOOK DETAILS

- Author : Colin Tipping
- Pages : 384 Pages
- Publisher : Sounds True
- Language : English
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BOOK SYNOPSIS

Could there be a divine purpose behind everything that happens? If you're willing to embrace this possibility, every aspect of your life can change. This is the theory behind Radical Forgiveness, Colin Tipping's revolutionary method for liberating your energy for the soul's highest expression. In Radical Forgiveness, readers join Colin for step-by-step instruction in what begins as a healing process, and culminates in a paradigm-shifting path to awakening. With this updated and revised edition, readers will discover: How to transform difficult emotions like anger, fear, and resentment into unconditional love, gratitude, and peace The five essential stages of Radical Forgiveness, and how they help us transcend the victim archetype and embrace the inherent perfection of life The tools of Radical Forgiveness—a series of quick, effective, and easy-to-use techniques and processes including "Fake It 'Til You Make It," "Collapsing the Story," "Satori Breathwork," and more "Radical Forgiveness is much more than the mere letting go of the past," writes Colin. "It is the key to creating the life that we want and the world that we want." With Radical Forgiveness, he puts that key in our hands.

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