

Making Peace with Your Past

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Much of who we are, what we do, and how we feel is determined by our past. Whether they're relationships from our childhood or pressures from recent years, the events of the past can have a significant impact on our current behavior.

A continual bestseller now re-launched with a new look for new readers, this insightful and perceptive book shows readers how to face and move beyond the negative events and feelings of their past. Writing from a compassionate, Christian perspective, H. Norman Wright helps readers understand who they are, who is responsible for their character, and how they can let go of the things of the past in order to live with confidence and enthusiasm.

Your past does not have to determine your future

Are you hampered by the baggage from your past? The truth is, much of who you are, what you do, and how you feel is affected by your past. Whether they're relationships from your childhood or pressures from recent years, the events of the past can have a significant impact on your current behavior. But that doesn't mean you're bound to your past.

A continual bestseller, this insightful and perceptive book shows you how to unlock past hurts, confront emotional scars, and resolve negative feelings in order to live a more fulfilling life today. Writing from a compassionate, Christian perspective, H. Norman Wright helps you understand who you are, who is responsible for your character, and how you can let go of the things of the past in order to live with confidence and enthusiasm. H. Norman Wright is a bestselling author, a certified trauma specialist, and a licensed marriage, family, and child therapist. Norm and his wife, Tess, live in Bakersfield, California.

Other Books

Becoming the One, Spiritual writer and founder of Rising Woman, Sheleana Aiyana takes you on a transformational inner-work journey to heal life-long relationship patterns and reclaim power over your life. Romantic relationships have the ability to infuse our lives with the magic of intimacy and connection. But for many of us, that magic is fleeting—over and over, our relationships don't last, or if they do, they fail to make us happy. We find ourselves chasing unavailable love, sublimating our needs in service to others, or trying to save our partners from themselves, all the while abandoning the one who needs us most—ourselves. If you find yourself struggling to let go after a relationship ends, or you keep hitting the same wall in dating and relationships with emotionally unavailable people, this is not a sign that you are broken. It is a sign that somewhere along the way, you learned to sacrifice yourself in order to be loved. In *Becoming the One*, spiritual leader and visionary founder of the Rising Woman community Sheleana Aiyana offers a roadmap for transforming your relationship patterns to end the cycle of self-abandonment and move into the light of self-discovery. You'll learn to:

- build a secure, loving relationship with yourself.
- connect with your inner child.
- challenge your core beliefs about love.
- set self-affirming boundaries.
- discover and celebrate your true desires.
- recognize red and green flags.

Sheleana's revolutionary lessons, based on wisdom from the traumas of her past and years of guiding thousands of women around the world in her internationally acclaimed "Becoming the One" program of spiritual and therapeutic healing practices, teach you to embody the qualities you are seeking in others so that you can become "the one" for yourself. You'll

learn how to trust your body, make peace with your past, and clear the path for healthy, conscious love—one that returns the authority to you to choose how to live and whom to love. The desire for love is wired into the very fibers of our being, but before you can create rewarding bonds with others, first you must stand wholeheartedly in self-acceptance.

Becoming the One is an invitation to find your way home to yourself.

“ . We respect the boundaries of others by asking for permission before touching them. Many of us experienced the loss of our physical boundaries when we were forced to give hugs as children to people we didn't know. These days, consent is ...”