



# Good-Bye to Guilt: Releasing Fear Through Forgiveness

*Gerald Jampolsky*

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## **Good-Bye to Guilt: Releasing Fear Through Forgiveness** Gerald Jampolsky

"I know that the thousands all over the world who love Jerry and whose lives have been enhanced by his message are eagerly looking forward to this new book. They have a treat in store. In clear and beautiful prose Jerry tells us that peace is a conscious choice. Saying good-bye to guilt is a vital step in making that choice."--from the Foreword by John Denver.

Love is where there is no fear. Fear is where there is no love. In our age of anxieties, most of us live by complex expectations about what we should achieve, how we should act, and how others should treat us. As a result, we are victimized by guilt and fear--guilt because our standards haven't been met in the past, fear that they won't be met in the future. Inevitable, these negative emotions wreak havoc on our personal relationships, self-esteem, and peace of mind. But what if we let go of our fear and guilt? The transformation can be miraculous, says world famous psychiatrist and author Gerald G. Jampolsky. The secret lies in healthy perception of yourself. Dr. Jampolsky points the way through fourteen lessons that can change your life. These lessons show: How to quiet the ego-self that creates fear and guilt. How to accept genuine love and give it away. How to stop judging others, thereby to stop judging yourself. How to listen to your inner voice to receive support and guidance. How to forgive others so that loneliness and separation become illusions of the past. And much more. Here is a book for everyone who seeks the key to life's most satisfying reward. A book that tells you how to throw off the burdens of the past, and learn what it can mean to truly love.

*From the Trade Paperback edition.*

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled Good-Bye to Guilt: Releasing Fear Through Forgiveness can be fine book to read. May be it is usually best activity to you.

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