



# **Forgiving Yourself: A Step-By-Step Guide to Making Peace With Your Mistakes and Getting on With Your Life**

*Beverly Flanigan*

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Guilt and self-blame can be incapacitating feelings that only deliberate self-forgiveness will dispel. Forgive Yourself identifies various types of actions that call for forgiveness, and offers a step-by-step program for eliminating self-defeating behavior so what we may learn to forgive our mistakes, heal our relationships, and get on with becoming our best selves.

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