

Letting Go of the Past When It Just Won't Let You Go: Shedding the Layers of Pain

Are you struggling to let go of the past? Do you feel like it's holding you back from living a happy and fulfilling life? If so, then this book is for you.



Letting Go of the Past (When it Just Won't Let You Go) - Shedding the Layers of Pain and Bitterness -A Personal Methodology by A .E. Sibbald

★★★★★ 5 out of 5

Language : English
File size : 232 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 15 pages
Lending : Enabled



In *Letting Go of the Past When It Just Won't Let You Go*, author [Author's Name] provides a step-by-step guide to help you shed the layers of pain and trauma that are preventing you from moving on. This book is based on the author's own personal experience of overcoming trauma, and it offers practical, evidence-based advice that can help you do the same.

What You'll Learn in This Book

- The different types of trauma and how they can affect your life
- The signs and symptoms of unresolved trauma

- The impact of trauma on your physical and mental health
- How to develop a personalized healing plan
- The importance of self-care and self-compassion
- How to forgive yourself and others
- How to move on from the past and create a brighter future

Who This Book Is For

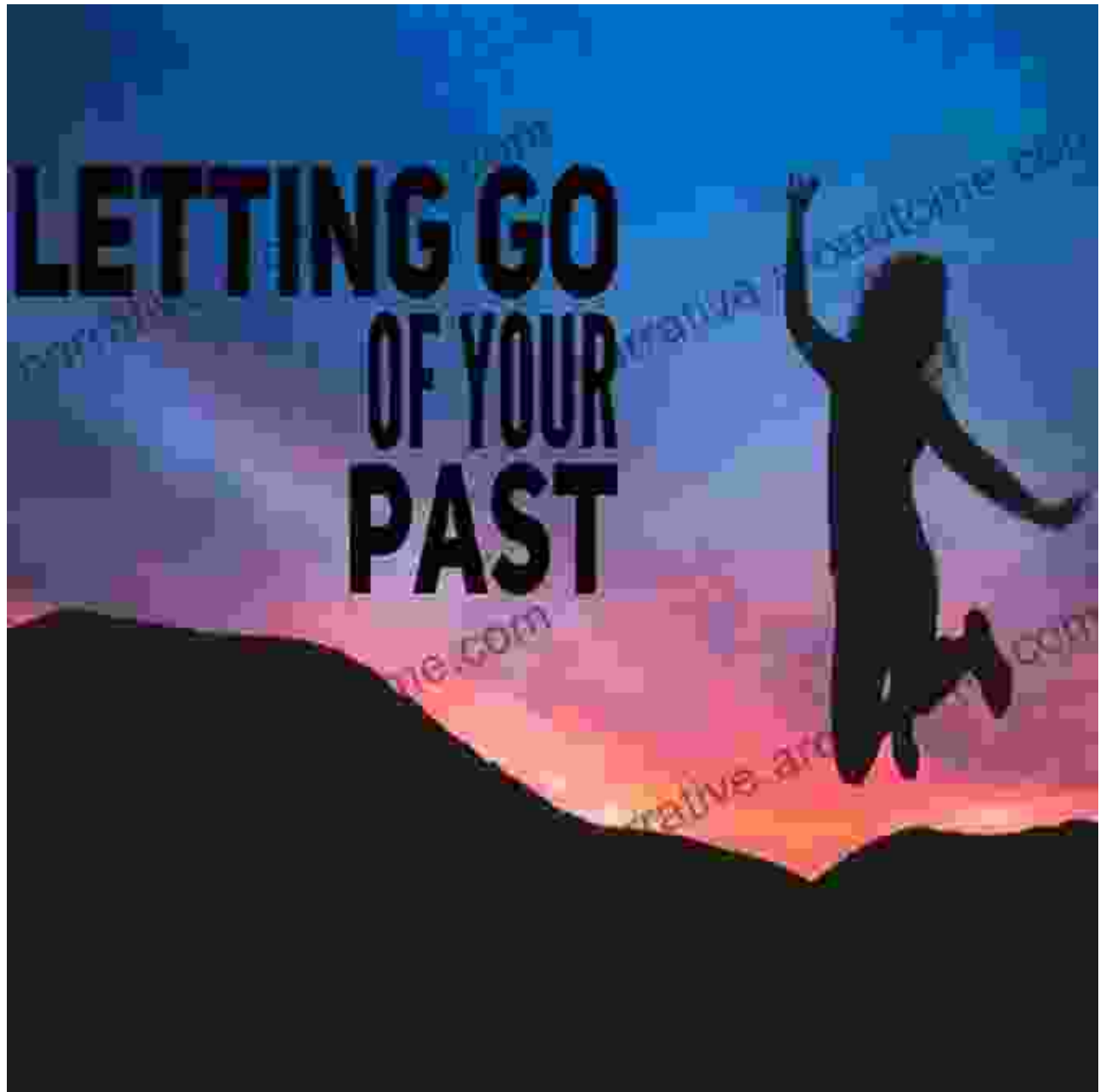
This book is for anyone who is struggling to let go of the past. If you're feeling stuck, overwhelmed, or like you're living in the shadows of your past, then this book can help you. This book is also for therapists, counselors, and other professionals who work with people who have experienced trauma.

About the Author

[Author's Name] is a licensed therapist and author who has over 20 years of experience working with people who have experienced trauma. She is the founder of the [Author's Organization], a non-profit organization that provides support and healing to trauma survivors. [Author's Name] is passionate about helping others to heal from trauma and to live full and meaningful lives.

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