



The hardest part of living is making
peace with your past. Most of all,
it's making peace with yourself.

Sherrilyn Kenyon

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Making Peace With Your Past

Cindy Glovinsky



Making Peace With Your Past:

Making Peace with Your Past Harold H. Bloomfield, Phil Goldberg, 2024-05-21 Do You Harbor guilt or grudges from past relationships Feel plagued by thoughts of regret Think Oh no not again when personal problems arise Wonder why life hasn't turned out the way you wanted Feel anxious or depressed about your future Seem to be less happy as time goes by If you answered yes to even one of these questions this book can help you make peace with your past here and now The past lives on in everything we think feel say and do Medical studies show that adults who've had adverse or traumatic past experiences are much more vulnerable to life threatening illnesses such as cancer and heart disease Now world renowned psychiatrist Dr Harold Bloomfield bestselling author of *Making Peace with Your Parents* and *Making Peace with Yourself* offers practical scientifically proven techniques that can help you heal the wounds of the past transform feelings of pain shame and blame into high self worth and reawaken to the magic and joy of being alive *Making Peace with Your Past* H. Norman Wright, H. Norman Norman, 1997-10 This insightful and respected book shows readers how to unlock past hurts confront emotional scars and resolve negative feelings Make Peace with Your Past Gregory L. Jantz Ph.D., 2025-11-18 We all want to feel energized optimistic and fulfilled each day thankful for the meaningful people and activities in our lives Yet many people lack this kind of joy and vitality Why One major reason is they have not made peace with their past Often people carry pain from past troubled relationships into their current relationships They are weighed down by shame that toxic people once tried to put on them Or they hold on to mistakes and failures never able to forgive themselves Either way they struggle to find the freedom that God offers *Make Peace with Your Past* offers essential principles and practical steps for moving beyond these painful experiences Dr Gregory Jantz takes readers from hurt to healing by exploring the power of forgiving others and themselves accurately seeing themselves as God does living fully in the moment with him and allowing the upward call of God in Christ Jesus to define their future Philippians 3:14 ESV The past may have been disappointing or it may have been disastrous but when we make peace with those circumstances our present and future can be better than we ever imagined DR GREGORY L JANTZ 1959-2025 authored over forty five books hosted the national Hope Possibility podcast contributed regularly to Psychology Today and served as a popular keynote speaker He was a pioneer in holistic treatment Under Dr Jantz's leadership The Center A Place of HOPE was ranked among the top ten facilities in the United States for the treatment of depression Making Peace With My Past Whitney Talley, 2021-04-03 Do YOU need a mindset makeover This book is a combination of thought provoking relatable stories tips and research Words from experience will pull on your heartstrings and challenge your way of thinking about yourself and what you deserve in life We tend to hide behind broken mirrors other people's perceptions of us and our past With so many masks it's hard to decipher who we truly are Each chapter provides clarity and new insight on new ways to experience freedom happiness and love In this book you will find new thought patterns and different perceptions on how to eliminate self limiting beliefs and transform your negative

thoughts about life's situations **Making Peace with Your Past** Tim Sledge, 1991-12-15 This study offers practical biblically based guidance to lead you to identify, understand, and come to terms with the feelings and problems of growing up in a dysfunctional family **Making Peace With Your Adult Children** Shauna L. Smith, 2013-12-11 **Making Peace with Yourself** Harold Bloomfield, M.D., 2011-05-11 I'm afraid of getting again. When I look in the mirror I'm never quite satisfied. I can't stand criticism. I'm always feeling tense and rushed. I wish I could be happier. Do any of these sound familiar? Aren't they exactly the kinds of weaknesses that keep us from enjoying our lives to the fullest? This wise and compassionate book can help you confront these problems perhaps for the first time in your life. Through a series of exercises, case studies, and personal growth techniques, you'll learn to analyze your weakness and most importantly, strip it of the power it has over you. Making Peace with Yourself is one of life's toughest challenges, but the rewards will be tremendous **Making Peace with Your Parents** Harold Bloomfield, M.D., Leonard Felder, Ph.D., 2013-02-20 Making Peace with Your Parents is a compassionate, well-written book and will be of great value to many. Leo Buscaglia: No matter how old you are and whether or not your parents are alive, you have to come to terms with them. This wise and practical book will show you how to deal with the most fundamental relationships in your life and in the process become the happy, creative, and fulfilled person you are meant to be. A marvelous and helpful book on how to release the emotional pains of growing up, to forgive and release the feelings of guilt, and to celebrate the miracle of being alive. Dr. Bloomfield's book is worth thousands of dollars of therapy. Elisabeth K. Bler Ross: No one book can resolve a lifetime of hurts and misunderstandings, but it can remove the blinders from our eyes. Make an effort now. Los Angeles Times *Making Peace with Your Office Life* Cindy Glovinsky, 2010-03-11 Do you feel disconnected and disorganized on the job? Do you feel powerless in the face of multiple office challenges, from organizing your desk to dealing with office bullies? Are you sick of it all and ready to be happy at work? Help is on the way. Cindy Glovinsky, a licensed psychotherapist and expert on organizing and mental health, is uniquely qualified to offer solutions to your office blues, including dozens of anecdotes and insightful exercises. Simple, effective organizing tips. Hundreds of easy ways to connect with colleagues. Great ways to make positive changes in the workplace. Whether you dread coming to work every day or you're just looking for a new way to deal with office issues, MAKING PEACE WITH YOUR OFFICE LIFE offers a fresh, liberating view of the office world and practical ways to cope with its day-to-day challenges **Making Peace With Your Thighs** Linda Mintle, 2006-04-29 Get your thighs off your mind and lose the lies that bind. Women of America, it's time to stop obsessing and start making peace with your thighs, your waist, and any other body part that leads you to feel inadequate. Everywhere we turn—magazines, movies, television—we are bombarded with images of what a woman should look like. And every image makes body acceptance and confidence harder to achieve. So author and therapist Dr. Linda is inviting all members of the sisterhood of the dissatisfied, traveling pants to discover how we arrived at this discontent and how to change our attitudes and our lives when it comes to liking our bodies.

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