

A dramatic landscape featuring snow-capped mountains in the background and a large, dark, rocky formation in the foreground. The sky is hazy, and the overall tone is somber and contemplative.

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

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Making Peace With Your Past

Dr. Sidney B. Simon, Suzanne Simon



Making Peace With Your Past:

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 **Making Peace with Your Past** Harold H. Bloomfield, Phil Goldberg, 2010-05-10 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 Make Peace with Your Past GREGORY L. JANTZ (PH.D.), Jantz Ph D Gregory L, 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 is the author of over forty five books the host of the national Hope Possibility podcast a regular contributor to *Psychology Today* and a popular keynote speaker He is a leader in holistic treatment Under Dr Jantz's leadership The Center A Place of HOPE is among the top ten facilities in the United States for the treatment of depression **Redeem the Time: Making Peace with Your Past** Barbara J. Brooks, 2015-10-14 As flawed human beings we have all made mistakes or chosen to go left when we should have gone right Even when they know that God has forgiven them many otherwise emotionally healthy individuals remain trapped by guilt what ifs and the inability to move past those choices that they wish they had not made God wants us free from the grip of guilt and condemnation This book ministers peace to the soul that is wearied from the burden of regret and shame and offers the encouragement many of us need to take hold of the freedom that God so graciously offers *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 Past** H. Norman Wright, 1997-11-01 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 **Making Peace with Your Past** Feldon Bonner, II, 2020-07-30 MAKING PEACE WITH YOUR PAST is a comprehensive guide to implementing effective faith based problem solving skills which will prove to heal and restore every area of your life while also equipping you for a productively peaceful life of success MAKING PEACE WITH YOUR PAST is the atrium of cognitive trajectory that will propel every reader to new levels of greatness Making Peace with Your Partner H. Norman Wright, 1988 Wright suggests that transformed attitudes can bring hope to the most hopeless of marriages He invites readers to risk changing their negative attitudes toward their spouses so that happiness can flourish **Making Peace with Your Parents** Harold H. Bloomfield, Leonard Felder, 1985 No one book resolves a lifetime of hurts and misunderstandings but it can remove the blinders from our eyes Make an effort now LOS ANGELES TIMES 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 *Spiritual Healing* Michael Sage Hider, 2015-08-11 Your stomach churns with anger about things that happened in your past about what someone did to you about that really stupid thing you did and or about the deal Fate handed you You ve read all the books about changing your attitude but nothing has really helped Finally a book unlike any other that gives a step by step method appropriately named Healing Steps that will enable you yourself to transform your whole life Using real life anecdotes from in and out of the courtroom Judge Hider explains why Mary a financially destitute divorcee has enduring peace of mind yet Pamela a multimillionaire divorcee is miserable David who was viciously sodomized is happy while Ivan far

less abused is inconsolable Martha who negligently killed two innocent young men is able to forgive herself but Louis committed suicide because he lost in three different federal elections As you learn to think about the thoughts you dwell upon analyze them and come to understand how they affect your life you will learn to exchange negative thoughts with positive thoughts which guarantees you real peace of mind and contentment It won't be easy but Spiritual Healing Making Peace with Your Past does make it possible Making Peace with Yourself Harold H. Bloomfield,1996 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 Let Go and Grow Robert J. Ackerman,1987 *Making Peace with Your Past: One Choice at a Time* Cindy Hyde,2015-05-28 Making peace with your past is not hard If you feel stuck in life or if you want more out of life this book will help you navigate your personal history so you can recognize and remove those things that are keeping you from reaching and fulfilling your destiny Your life will be richer and fuller as you unlock your full potential by replacing destructive belief systems detoxifying your thoughts and adjusting your emotions Beloved your life can and will be better than it has ever been when you make the decision to stop letting your past determine your future Cindy helps you create a better life for yourself by simply making one choice at a time The choice is always yours to make What choice will you make To stay the same or to empower yourself with the choices provided through this book The choice is yours *Making Peace with Your Past Facilitator's Guide* Tim Sledge,2019-06-05 This is the facilitator's guide for leading a support group using the Making Peace with Your Past interactive workbook Forgiveness Dr. Sidney B. Simon,Suzanne Simon,2009-11-29 Based on their popular Forgiveness seminar the author of Getting Unstuck and his wife designed to help readers let go of their pain and get on with their lives **If You Had Controlling Parents** Dan Neuharth,2009-10-13 Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize If You Had Controlling Parents helps spark understanding and acceptance across generations John Gray Ph.D author of Men Are from Mars Women Are from Venus Do you sometimes feel as if you are living your life to please others Do you give other people the benefit of the doubt but second guess yourself Do you struggle with perfectionism anxiety lack of confidence emotional emptiness or eating disorders In your intimate relationships have you found it difficult to get close without losing your sense of self If so you may be among the fifteen million adults in the United States who were raised with unhealthy parental control In this groundbreaking bestseller by accomplished family therapist Dan Neuharth Ph.D you'll discover whether your parents controlled eating appearance speech decisions feelings social life and other aspects of your childhood and whether that

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