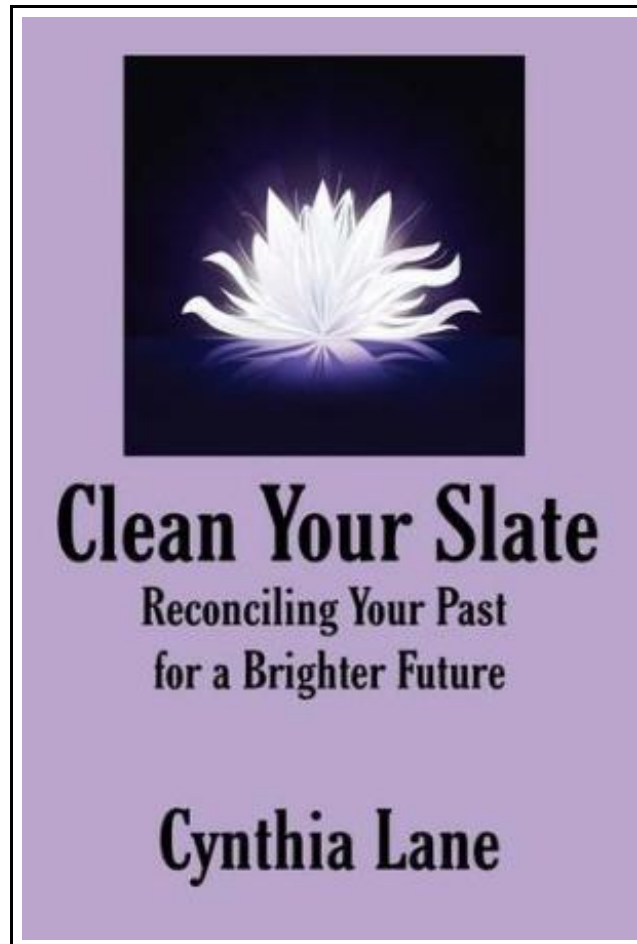


Clean Your Slate: Reconciling Your Past for a Brighter Future



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(Elva Kemmer)

CLEAN YOUR SLATE: RECONCILING YOUR PAST FOR A BRIGHTER FUTURE



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Outskirts Press. Paperback. Book Condition: New. Paperback. 270 pages. Dimensions: 9.2in. x 6.2in. x 0.7in. Perspective is Everything Perspective is the key to understanding. People can cope with just about anything if they only have the framework in which to place what is happening to them, or what has happened to them. Humans are amazingly adaptable beings when not locked into old habits. Perspective is fluid, it changes with where we are in the time line of a situation and it changes with your own unique emotional make-up. Perspective is the tool we choose when we strive for balance and understanding. It is our best and greatest hope when we strive for forgiveness. The forgiveness of self is our goal. Have you ever felt haunted by things you have done in your past Have you lost sleep over something you said or didnt say Did you ever find yourself driving down the road or walking somewhere and out of the blue exclaiming to yourself about something that happened months or years ago, I cant believe I did that! Or said that! The unresolved has the power to continue to come back to haunt us. It has the ability to continue to replay that which we regret in our memory. Suffering is real. Pain is real, though it cannot be weighed and measured against someone elses pain. No one escapes life unscathed. I am not discounting that what you went through hurt. Your past did damage and the damage is real. I am not telling you to pretend it did not happen, just asking that you consider viewing your pain with new eyes. Where we are in the process of our pain determines how we view ourselves and others in this world. Pain in the days following someone you love leaving you from...



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