



Graduating From Guilt: Six Steps to Overcome Guilt and Reclaim Your Life

Holly Michelle Eckert

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Through a simple, step-by-step progression, this handbook provides individuals with the means to learn how to quiet their inner critic and to experience forgiveness, self-acceptance, and empowerment. Employing a methodology rooted in the principles of nonviolent communication, the process lays out a path for achieving freedom from toxic and emotionally draining guilt, blame, and shame. Examples of real-world situations enable individuals to visualize how they, like others, can forgive themselves for past mistakes and successfully mend broken relationships.

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