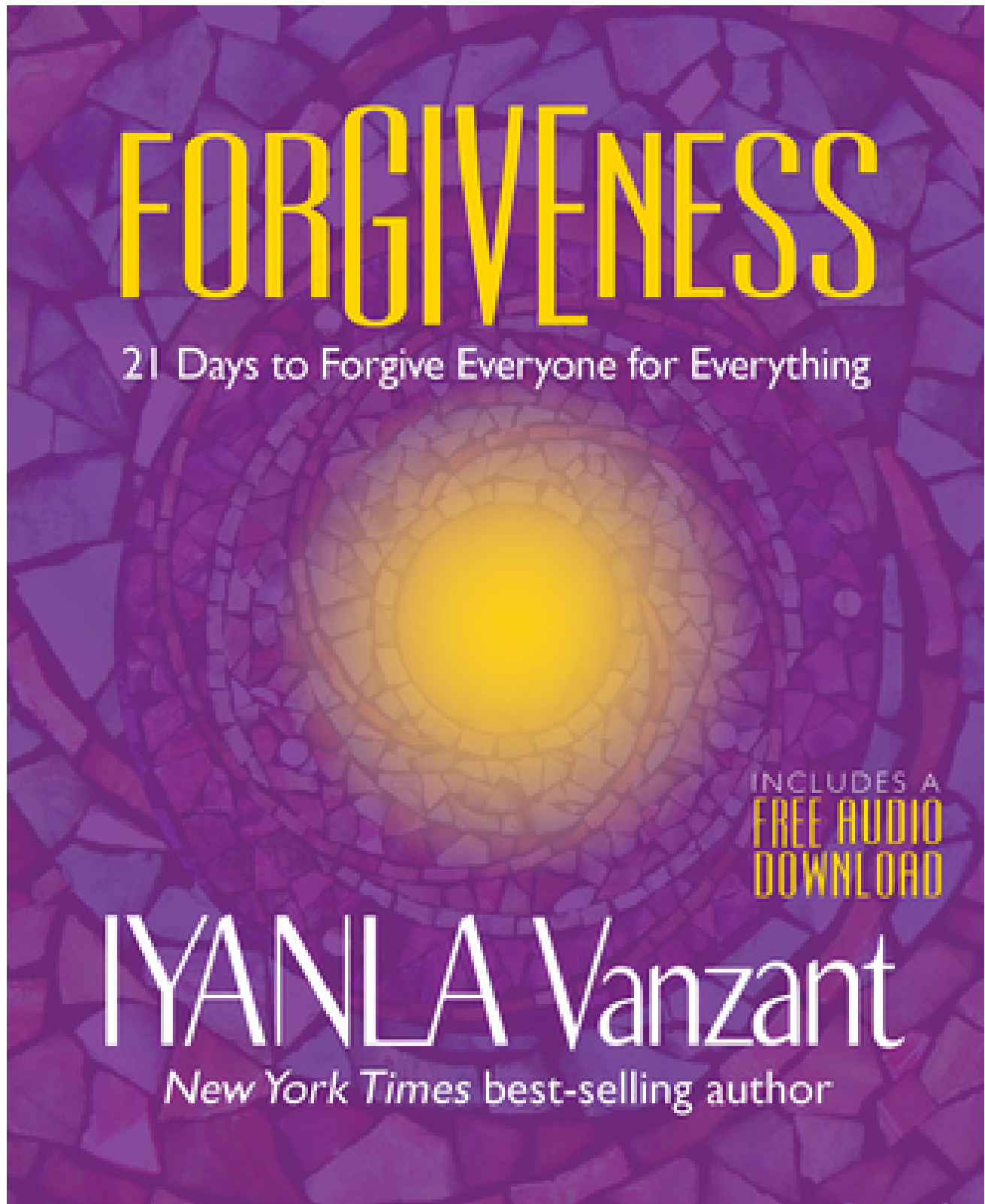


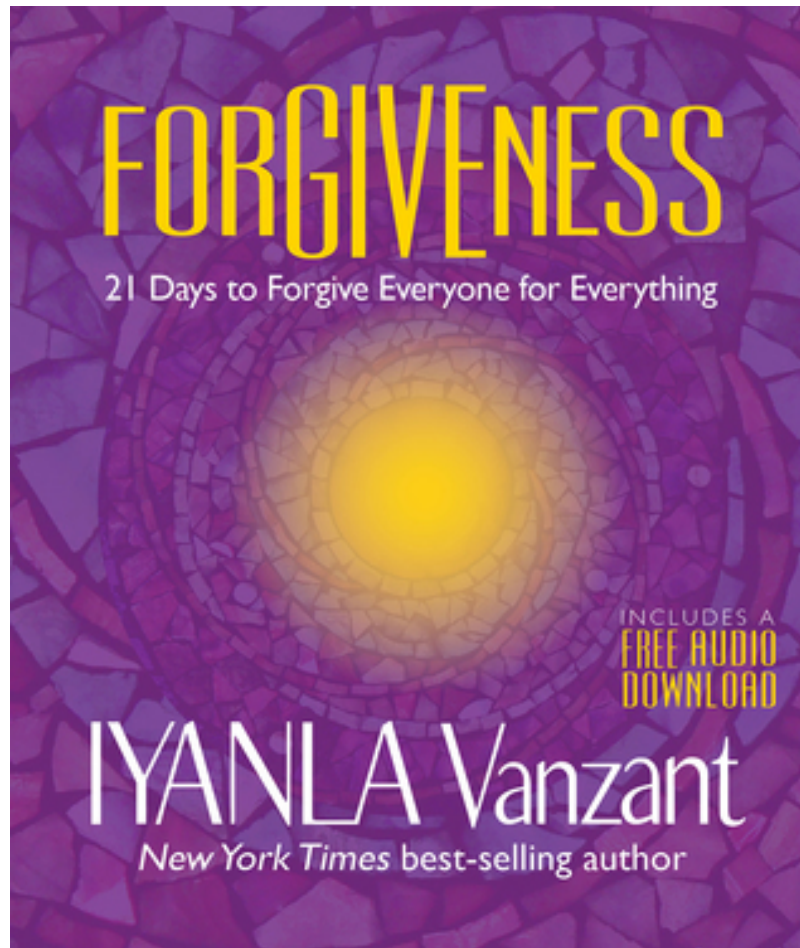
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**by Iyanla Vanzant**



## Synopsis:=====

Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this tradepaper edition, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness. With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself, and even God. With journaling work and Emotional Freedom Techniques (also known as "tapping?"), you'll learn to live with more love; gain new clarity on your life, lessons, and blessings; and discover a new level of personal freedom, peace, and well-being. Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that?regardless of how

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