



Daily Affirmations for Forgiving and Moving On: Powerful Inspiration for Personal Change

Tian Dayton

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There is a point in our lives when we seem to stand in the center of our own decision about who we are and how we want to be. It comes after enough of the past pain, resentment and grief have been spent, enough deep holes and yearnings have been filled, enough baggage from the past has been dealt with. Now that we've restored ourselves to a "good enough" status, we're ready to meet life more or less as it is happening.

At this point we need to recognize which attitudes and behavior patterns will serve us throughout the rest of our lives and which need to be let go. Can the lives we have envisioned for ourselves flourish under the weight of carried resentment from the past? What does it cost us in terms of happiness and well-being to hang on to the blame and hurt?

Daily Affirmations for Forgiving and Moving On: Powerful Inspiration for Personal Change Details

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From Reader Review Daily Affirmations for Forgiving and Moving On: Powerful Inspiration for Personal Change for online ebook

Kathryn says

This is especially good for my codependency issues. It has helped me to grow so much. I HIGHLY recommend it!!

Stephanie says

"Daily Affirmations for Forgiving and Moving On: Powerful Inspiration for Personal Change" by Tian Dayton, Ph.D. is a daybook which is in a handy small format and includes an inspirational affirmation for each day of the year. Although this book was written with a 12 step world view in mind, it is not overbearing on the topic and actually very rarely mentions the 12 steps overtly so if that is not an area of interest for you, don't let it prevent you from taking advantage of the wisdom of this deceptively small book which contains large amounts of wisdom.

I also appreciate that the book doesn't shy away from uncomfortable topics, such as challenging old beliefs, and the difficulty of transforming, changing, and letting go.

I highly recommend this book as both a self-help book and; in its way, a guide which feels almost alike a friend walking beside you in your life journey.

Emily Joy Jones says

As I've mentioned in my comments. I love this book and re read it all of the time.

Nguyêñ Tr??ng says

Actually, this is a good book, maybe it should desire 4 stars in some case.

- CLEAR. Every stories have title then explain and finish with a quote.
- it short and very easy to understand not challenge the reader to think, just feel and learn.
- Give reader deep knowledge about life and way to fulfill life.

Last but not least, you should read it slowly like one or two stories per day and apply it into your real life. However, I've done it so fast (cuz it short) and almost not have enough time to apply it.
HIGHLY RECOMMENDED for some one who feel sad or on the way to finding happiness.

Robert says

Great book with daily Affirmations

Jennifer says

I've had this book since I was a teen, like 19 years ago. It's worn, tore & used well now. I still read and use it. Great affirmations book.

Eve says

Self-help book that talks more about daily affirmations and helps one know how to deal with resentment, rage, and letting go of what's not necessary to hold on in life. If it can be read more often to help with healing, and recovery process it's a good book.

Dana says

This book has helped me out tremendously! You are supposed to read a page for each day of the month but the positive advice is just too good to wait each day. This is a book that I will probably read once a week so I can continually recognize my positive attitude and strengths.

Kat says

So far I like it a lot. It says a lot about resentments that I need to hear.

Jenny says

I really believe in affirmations- I need a few minutes every day to get my head on straight. I've owned a million of these books- but this one's my favorite. For every day of the year, there is a detailed description of the day's thought or commitment- sometimes it is about counting blessings, assertiveness, taking care of oneself, dealing with hurt or anxiety, or your debt to the world to be the best citizen, friend, daughter, partner you can be. There is also a quote that goes along with the day's focus.

Try it- it may change your life!

I've been through the entire book twice- had it for two years- and I always seem to get the message I need at the right time.
