



Forgiveness: 21 Days to Forgive Everyone for Everything

By Iyanla Vanzant

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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 new book, 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 challenging, frightening, or difficult an experience may seem—everything is just as it needs to be in order for you to grow and learn. When you focus on how things "should" be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them.

As Iyanla says, "Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment, and fear. Forgiveness is a true path to freedom that can renew faith, build trust, and nourish the soul."

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Editorial Review

Review

Eye opening, touching and insightful...Iyanla's story is a must-read for anyone who truly seeks growth and healing. *Pride Magazine* 20110801

About the Author

Iyanla Vanzant is the author of 15 titles, including five *New York Times* bestsellers, and the Inner Visions CD series. A Yoruba priestess and an ordained minister in Christian New Thought, she is the founder and executive director of Inner Visions International and the Inner Visions Institute for Spiritual Development. She is the legendary life coach of *Iyanla: Fix My Life* on the Oprah Winfrey Network, as well as the former host of the television series *Iyanla* and co-host of the NBC daytime reality show *Starting Over*. The proud grandmother of eight currently resides in Maryland.

Users Review

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Lisa Streeter:

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Alexander Ratcliff:

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