



Radical Self-Forgiveness: The Direct Path to True Self-Acceptance

Colin C. Tipping

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How to Fully Accept Yourself--Just As You Are Most of us have plenty of experience with self-blame and guilt--but we are often at a loss when it comes to forgiving ourselves. According to Colin Tipping, this is because our idea of forgiveness usually requires a victim and a perpetrator--which is impossible when we play both roles at the same time. Tipping's Radical Forgiveness process allows us to navigate this dilemma for deep and lasting healing. To help us gain freedom from excessive inner criticism and self-sabotaging beliefs, he offers the *Radical Self-Forgiveness* book and companion audio program. Join Colin Tipping to learn his step-by-step methods for going beyond the level of self-judgment and recrimination to the deeper spiritual state in which true forgiveness occurs. What's "radical" about Colin Tipping's approach to forgiveness? "It's not about telling ourselves a new story about something that happened," he says. "It's about creating a profound shift at the spiritual level." Based on his world-renowned forgiveness workshops, the *Radical Self-Forgiveness* **book** shares clear insights for resolving our deepest internal wounds using Tipping's five-stage forgiveness process. The *Radical Self-Forgiveness* **audio** edition offers a toolbox of exercises, techniques, and guided practices designed to help us break the cycle of blame and victimhood--an empowering attitude that helps us fully embrace every experience. Many of our fears, anxieties, and even physical health problems originate from the parts of us that we consider unforgiveable. Yet when we recognize that we are worthy of forgiveness--no matter who we are or what we have done--we gain access to the loving energy of spirit that can heal our deepest wounds. Used alone or in combination for an integrated practice, the *Radical Self-Forgiveness* book and audio program open the doorway to the freedom and inner peace that come from true self-acceptance.

Radical Self-Forgiveness: The Direct Path to True Self-Acceptance Details

Date : Published January 1st 2011 by Sounds True (first published January 4th 2007)

ISBN : 9781604070903

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Format : Paperback 268 pages

Genre : Self Help, Psychology, Spirituality, Nonfiction, Personal Development

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From Reader Review Radical Self-Forgiveness: The Direct Path to True Self-Acceptance for online ebook

Lyle says

The author's idea of radical forgiveness/self-forgiveness is strongly rooted in supernatural beliefs about souls, angels, and the belief that "everything happens for a reason". As someone who has no experience with souls, angels, or evidence of any innate purpose to the universe, this book's message is of limited value.

If the idea were better expanded upon, radical forgiveness/self-forgiveness could be cultivated completely within the paradigm of material reality. Purposelessness and no-self are paths to the same end of this book, yet the author fights these ideas. He prefers seeing us as having multiple selves and believes strongly that there is a divine order to everything. Some people may benefit more from seeing through the self altogether and letting go of needing a grand explanation for why things happen. With those concepts eliminated, one can see that things happen on their own and thus there's no need to blame people for the inevitable.

georgianne gale says

This book started me on the correct path for healing from some very intense events in my life. A wonderful way to reframe those events through love and forgiveness.

Chris says

This book does not deserve one star. It contains ideas and concepts that are false and misleading, such as the fable that a murderer did nothing wrong but was fulfilling her incarnation's destiny.

Ava Shaw says

When you're ready to face the things that make you doubt yourself, this is a great way to go through the process. This book helped work through several self-destructive behaviors and thought processes.

Angela Jeffs says

A marvellous book that extinguished the word "blame" from my vocabulary.

EMP says

Read the book and downloaded the free worksheets on Tipping's web site. I'd heard some people talking about how "powerful" completing the worksheets was for them. I thought I'd already done plenty of forgiveness work, so I wasn't expecting to make the discoveries or see the patterns that I did. It lived up to the hype for me.

Shelby Pipken says

I ran across this book at Half Price Books and picked it up randomly, I figured it looked interesting and I enjoy self-awareness exercises. I was SO BLESSED by the information in this book. It's definitely rather spiritual, but the author makes a point that the information and exercises can apply to anyone-regardless of spiritual beliefs. After finishing it, I truly feel like i've come to a new place in my life. It's a good read for anyone willing to get to know themselves better and willing to accept, grieve and move forward from situations in life that often hold us back.

Chantelle says

This book has a fairly substantial spiritual approach, but it was definitely a decent read for me - I found a number of the exercises helpful.
