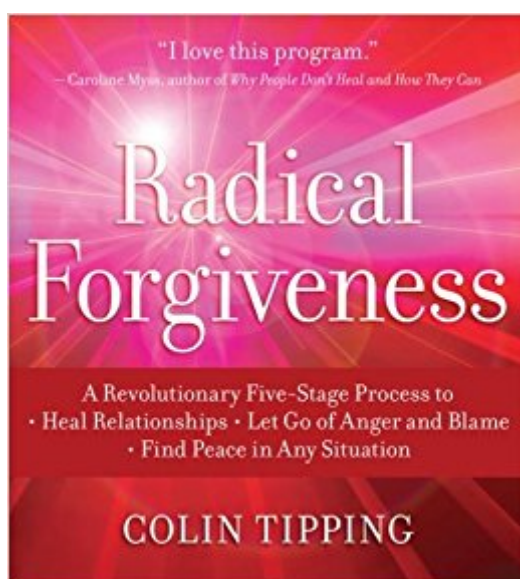


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# Radical Forgiveness: A Revolutionary Five-Stage Process To Heal Relationships, Let Go Of Anger And Blame, Find Peace In Any Situation



## Synopsis

Could there be a divine purpose behind everything that happens? If you're willing to embrace this possibility, every aspect of your life can change. This is the theory behind Radical Forgiveness, Colin Tipping's revolutionary method for liberating your energy for the soul's highest expression. In Radical Forgiveness, readers join Colin for step-by-step instruction in what begins as a healing process, and culminates in a paradigm-shifting path to awakening. Readers will discover: bull; How to transform difficult emotions like anger, fear, and resentment into unconditional love, gratitude, and peace bull; The five essential stages of Radical Forgiveness, and how they help us transcend the victim archetype and embrace the inherent perfection of life bull; The tools of Radical Forgiveness-a series of quick, effective, and easy-to-use techniques and processes including "Fake It Till You Make It", "Collapsing the Story", "Satori Breathwork", and more. "Radical Forgiveness is much more than the mere letting go of the past," writes Colin. "It is the key to creating the life that we want and the world that we want." With Radical Forgiveness, he puts that key in our hands.

## Book Information

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## Customer Reviews

"I LOVE This Book! We can never say enough about how to achieve this arduous task." -- Caroline M. Myss, PhD  
"This superb book makes genuine forgiveness possible, enabling us to move beyond pain and heal our lives." -- John Bradshaw  
"the most exciting book on forgiveness to come out in a very long! I am recommending it to everyone." -- Neale Donald Walsch  
--This text refers to an out of print or unavailable edition of this title.

Colin Tipping Colin Tipping was born in England and taught at London University before immigrating to the United States in 1984. With his wife JoAnn, he co founded the Georgia Cancer Help Program and Together-We-Heal, Inc., and founded The Institute for Radical Forgiveness Therapy and Coaching. Tipping is the author of the international bestseller Radical Forgiveness: Making Room for the Miracle and other books and online programs based on the practice of Radical Forgiveness.

I am astounded by his grasp of spiritual laws that so few of us really understand. His whole idea of 'radical' vs. our 'normal', historical form of forgiveness is brilliant and transformative. I do deeply believe that we are all one. Although I don't entirely agree with some of his ideas, that has absolutely no impact on the truth of his message which I do love and completely embrace. The part I do not necessarily agree with deals with pre-existence but that is unimportant in the face of his total message. The author even states that understanding and practicing 'Radical Forgiveness' does in no way depend upon agreeing with all his ideas. I resonate completely with his description of us as energy circles and how that works in regards to our health and our own spiritual development. I found the book quite life-changing and highly recommend it to anyone and everyone. We are indeed on the brink of a great transformation for the better and each of us needs to become aware of our own part in it and what we can do to hasten it and to create love around us. Thank you Colin Tipping for your incredible insight!

It's a must read book, truly enjoyable beneficial. You can get a lot out of it for yourself and seeing how it affects people you love, changing their lives as you simply work your own life. As well as ending the book with all this right can I call them exercise is to keep you on the go to keep you remembering to stay in radical forgiveness doing these worksheets there are unbelievably therapeutic to the self as you find your inner peace life just seems to get a lot much easier

I found the majority of this book to be incredibly helpful. There were a few spots where the author kind of lost me a bit, but overall I would say it was a game changer in my way of looking at things. I would recommend it to anyone who is struggling with unresolved anger, sadness, pain, etc.

I give this book a 5 star rating because the message literally carries the power to change lives. Since reading the book, I have used the Worksheets as a cleansing exercise for some of my own mis-beliefs. Each time I have enjoyed a wonderful wave of relief and freedom from the past event that has held me hostage. Anytime we can move from "life happens TO me" to a space of "life

happens FOR me" we move into the direction of healing. Tipping's process is an incredibly effective tool in leading readers into a healing from the past that gives us the freedom to move forward into a state of abundance and joy in the present.

not sure- just started and it is hard to take my situation and turn them around like the author suggests. I may need to re read the first chapter and keep an open mind. I get parts of what he is saying but not that it is that easy to let it all go....I will keep trying.. it is a slow read and I tend to read fast! I think with slow reading and a biota groups discussions I might feel better about this book..

This book offers a different perspective on how to view forgiveness and apply spiritual meaning behind every situation. I especially found the worksheets to be a profound tool because it allows you to do some deep introspection in order to release and heal. I believe that it takes time and courage to change one's perspective especially when one has been hurt and feel like the victim. However, I also believe that if someone is on a spiritual path and growing, they may want to re-consider how they approach life and people and this book definitely explains how we can work towards truly forgiving someone when we begin to peer off the layers of the past and dig deep.

The best book ever! It has truly opened my eyes to forgiveness and has changed my life. I am forever grateful for this gift in the form of a book.

This book was recommended to me and I am most grateful for this. As we go through our life's journey there are events that come up that leave us angry or hurt. Sometimes we don't know where this anger comes from, we just know it is deep within us. This book Radical Forgiveness explains the reasons that patterns develop in our lives and why we sometimes don't know what triggers our actions or emotions. This book along with another that I had just read before it explained all the answers to my questions regarding my personal life. Not only past issues but current in my face issues. Our society is fear based, angry and blaming and we have been taught that we are the way we are because of what someone else did or said to us and we live within our minds. However, our hearts are not just an organ that just keeps us alive, our hearts is where our memories and emotions are stored and many of us have highly protected and closed hearts that don't allow love to flow in or out to us. Our closed hearts create much pain in our lives but once we learn to open our hearts we begin to see our lives change for the better. We can't nor do we want to change those around us. We can only change ourselves and once we do that we begin to see others around us

change. I have searched my entire life trying to find ways to make me feel better and more loved. I have been reading many books for the last 4.5 years and many have the same message and this is we need to learn to live from the heart. I am 56 years old and this book Radical Forgiveness and the other book I have just read to me are the "Holy Grail". If you want a true understanding of why we or others do things, this book will give you the answers, but only if you are ready to hear it. I have had many life changing moments in the past 4.5 years but this book has really helped me understand and gives new meaning of living from the heart. I highly recommend this book to anyone who truly wants to change their life. Life is meant to be joyful not painful and this book will define how we can accomplish this. May your life be ever changing....change is a scary word for most people but once you experience even just a tiny bit of positive change you will never go back. Our thoughts create our reality and if we learn to live in the present our lives will change forever.

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