



Radical Self-Forgiveness Practices: Tools for Achieving True Self-Acceptance

Colin Tipping

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It is often hardest to forgive the one person in our lives who needs it most 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. Yet Tipping's Radical Forgiveness method allows us to heal at a much deeper level. With Radical Self-Forgiveness, he presents a definitive manual for gaining freedom from excessive self-judgment and self-created, limiting beliefs. Readers will learn proven techniques from Tipping's world-renowned workshops, including: Working with our multiple selves, how to discover which part of you is making decisions and which is assigning blame - The "Three Letters" practice for purging toxic feelings and finding the inherent gift in every experience - Guidance for applying self-forgiveness to money issues, weight loss, health troubles, and more. 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." With Radical Self-Forgiveness, he brings readers a method for resolving our deepest internal wounds, and inviting transformation that can instantly change our lives.

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