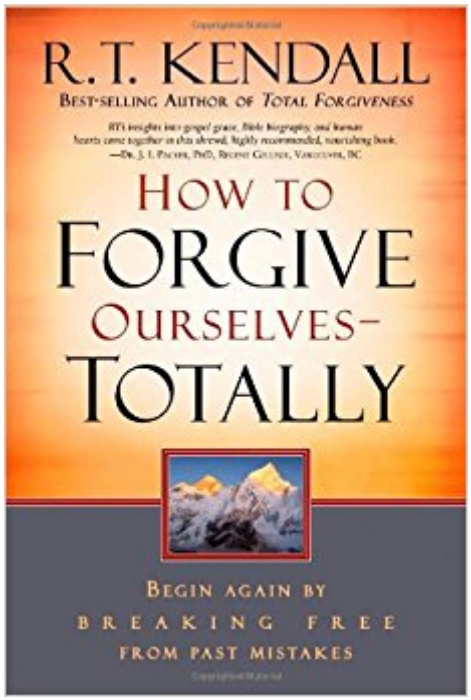
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How To Forgive Ourselves Totally: Begin Again By Breaking Free From Past Mistakes



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Synopsis

After the release of Total Forgiveness, the most common question that readers had for author R. T. Kendall was, “How do I forgive myself?Ã¢â ¬Â• In this follow-up book, Kendall dives deep into the subject to give readers the tools they need to put the past behind them. Ã Â In How to Forgive Ourselves Totally, R. T. Kendall has provided a clear and compelling book that puts before us the hope and possibility of experiencing incredible freedom and peace that can only come when we walk in total forgiveness. And we have not totally forgiven until we have forgiven ourselves as well as those who have hurt us. Ã Â

Book Information

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Customer Reviews

R. T. Kendall has a way of writing "where so many seem to be living." The volume you hold in your hand has the dynamic power to set you free. Read it...now...right now...and take God at His word by faith, and the "midnight will soon meet the morning" in your own personal experience. --DR. O. S. HAWKINS FORMER SENIOR PASTOR FIRST BAPTIST CHURCH DALLAS, TEXAS I guarantee you that when you’ve read this book honestly, without holding back the truth about yourself, you will see the light into your own soul and into the Lord’s sweet deliverance. You’ll find you will live again. --ORAL ROBERTS FOUNDER/CHANCELLOR, ORAL ROBERTS UNIVERSITY It Is Time to Let Yourself Off the Hook After the release of best-selling Total Forgiveness, the most common question that readers had for author R. T. Kendall was, "How do I forgive myself?" In this follow-up book, Kendall dives deep into the question, providing the tools you need to experience the incredible freedom and peace that come when you put the past behind you. All of us have been hurt

by others; all of us have hurt others. But we will not experience the freedom that forgiveness brings until we have forgiven ourselves as well as those who have hurt us. In his transparent, compassionate writing style, Kendall will reach into your heart to expose the issues as he gently encourages you to forgive your past failures. As he puts it in the book, "Let the past be past. Totally forgiving myself has not been easy. But I've done it. So can you."

R. T. Kendall was the pastor of Westminster Chapel in London, England for twenty-five years. He is well known internationally as a speaker and teacher. Dr. Kendall is the author of more than forty books, including The Thorn in the Flesh, Grace, In Pursuit of His Glory, The Sensitivity of the Spirit, Total Forgiveness, Pure Joy, Just Say Thanks! and The Anointing: Yesterday, Today, Tomorrow. Visit KendallÃ¢â ¬â„¢s Web site at www.rtkendallministries.com.

This is a terrific book for those who don't seem to be able to forgive and are stunted in many ways by their own unforgiveness. The man who got this (who lost his wife in a terrible accident) began to understand how important it was to forgive oneself.

One of the biggest issues is forgiving yourself, even if you arent the real guilty party. Sometimes we take on guilt for things we haven't done but feel we could have prevented, which is impossible. We can't turn back time, so we need to learn to forgive ourselves, and sometimes even for things we have done. This book is a guide to help you do just that, I've read Total Forgiveness so I knew this Author had the goods to help me forgive myself. I was right! Really excellent resource for those interested in doing the work to make your life happier and healthier.

I ordered the three books on forgiveness by RT Kendall at the recommendation of a M.D./D.O., who believes that unforgiveness, even towards one's self, can impede the body's ability to heal itself. I haven't finished it yet, but it is full of marked passages that hit right on target. It addresses the regret, shame and disappointment that can be internalized without even realizing it. I would recommend this book to everyone!

I read this book, highlighted almost every page, then bought 3 more to give to friends. To learn to accept God's forgiveness and forgive myself has been the first step to coming out of a incredibly difficult time of anxiety and depression. It's a book I will need to reread often.

Another excellent read by same author of "Total Forgiveness" which is from my top 10 of MUST READS IF one wants to personally understand and experience the greatest power available to humankind!! I highly recommend a thorough study involving the original text with its companion study, along with this extraordinary book that addresses the one we have the hardest time forgiving...ourselves!

The book was very helpful. It was a little too technical in parts.

This is a great book which is a follow-up on Kendall’s book of forgiveness. He cuts through the usual shallow religious banter to address real issues that people struggle with when faced with the inability to forgive themselves. I did laugh that the forward is from Oral Roberts who comments on his struggles to forgive himself for things he has said. That honest appraisal was the fist of many delightful sections in this book. The hard-hittingÃƒÂ¢Ã â ¬Ã â message that Christ has forgiven you, so who are you to not forgive yourself is interspersed with thoughtful stories about real people, including Kendall, who struggled to forgive others. This is a highly recommended book.

Excellent book

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