

# Download Goodbye To Guilt Releasing Fear Through Forgiveness

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Good-Bye to Guilt: Releasing Fear Through Forgiveness [Gerald G. Jampolsky MD] on Amazon.com. \*FREE\* shipping on qualifying offers. "I know that the thousands all over the world who love Jerry and whose lives have been enhanced by his message are eagerly looking forward to this new book. They have a treat in store. In clear and beautiful prose Jerry tells us that peace is a conscious choice.

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Saying good-bye to guilt is a vital step in making that choice."--from the Foreword by John Denver. Love "I know that the thousands all over the world who love Jerry and whose lives have been enhanced by his message are eagerly looking forward to this new book.

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Good-Bye to Guilt: Releasing Fear Through Forgiveness 5.0 2 5 1 by Gerald G. Jampolsky MD , William N. Thetford , Patricia Hopkins , John Denver (Foreword by) , William N. Thetford (With) Gerald G. Jampolsky MD

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Of course, the religionists don't want you to hear this. They want you to be so riddled with fear and so perforated with guilt so that you can keep coming back to their church so you can keep donating money. Save the money that you would normally tithe for the week and buy this book. Learn what true forgiveness really is.

## Goodbye to Guilt (Audiobook) by Gerald G. Jampolsky M.D ...

Each note in this scale has specific healing properties, and this recording uses the first note, which resonates to a frequency of 396hz. This particular frequency works to release deep rooted feelings of guilt and fear and will also work with other similar emotional patterns, such as shame, regret, self-doubt, and low self-esteem.

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Fear is where there is no love. In our age of anxieties, most of us live by complex expectations about what we should achieve, how we should act, and how others should treat us. As a result, we are victimized by guilt and fear--guilt because our standards haven't been met in the past, fear that they won't be met in the future.

**0553343688**

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