



Coping with Guilt

Windy Dryden

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Do you sometimes wish you could turn the clock back and re-live past mistakes? Do you feel it's your responsibility to make others happy? Are you more worried about hurting others than living your own life? Guilt is a common and destructive emotion, but, using the principles of CBT, this book shows how it can be put to positive use. Whether it concerns sins of omission, or sins of commission, this book demonstrates that you don't always have to live up to unrealistically high expectations of yourself, and shows how to move on.

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