

Get Over It!: Finding Release from the Prison of the Past



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GET OVER IT!: FINDING RELEASE FROM THE PRISON OF THE PAST



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HarperCollins Publishers (Australia) Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Get Over It!: Finding Release from the Prison of the Past, Bev Aisbett, Got difficulties? Get over it. GET OVER IT is the perfect resource to help you feel more grounded in your ability to face the difficulties in your life. Finding Release From the Prison of the Past Got difficulties? Get over it .the past can be a prison which traps us in the illusion that life is hard, that we are meant to suffer and that our fate is out of our hands. One day I decided that this was an extra burden that I could live without. Bev Aisbett, acclaimed author of LIVING WITH It, TAMING tHE BLACK DOG and LETTING It GO, once again delivers the straight-talking, compassionate advice that has helped tens of thousands of people move past trauma and into hope. GET OVER It is the perfect resource to help you feel more grounded in your ability to face the difficulties in your life.



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