



Free from the Past: Liberate Yourself from Guilt, Shame, and Regret, and Discove (Paperback)

By Joey Lott

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you feel burdened by your past? Current culture conditions us to believe that we're indelibly scarred by the events of our past. If we've had past experiences that have been harmful or traumatic, then in many cases, no matter how much time has passed, we will still today be struggling to deal with those experiences and the personal impact they've had. We can often feel ourselves to be completely enslaved to our past. In Joey Lott's *Free from the Past* we learn that, however great our bondage to the past may seem, we have the ability to free ourselves by the simple act of exploring the present with open curiosity. How can I free myself? Lott demonstrates that there is a deceptively simple strategy that each of us can use to discover our own personal freedom from the past. He offers a series of straightforward exercises that can be practiced in order to set foot on the path to attaining this freedom. No gimmicks. No expensive gadgets. Just a simple exploration of the present moment. Does it...

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