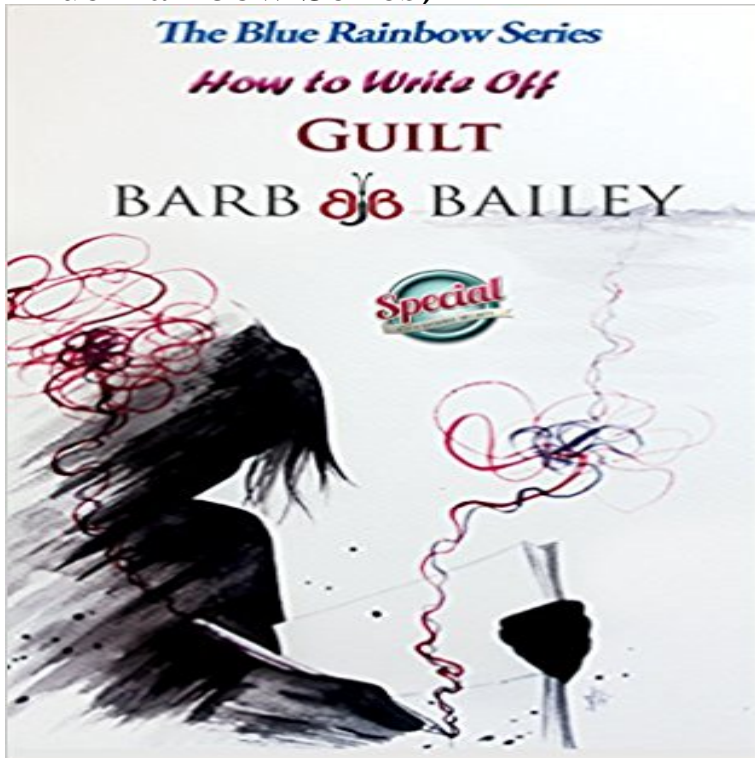


# How to Write Off Guilt: Setting Free The Past Through Journaling (The Blue Rainbow Series)



This is a tough in your face type of focused short book on facing guilty feelings. The purpose is educate you about guilt so you can release it from your life once and for all. You will find that the feelings of guilt is a learned behavior. Because these feelings are not your fault, you can change your life. Very few punches have been pulled when I ask the following questions: What causes people to wallowing in their guilt? Do you realize that guilt can cause the “Woe is me, I’m such a bad person” syndrome? Do you often get triggered by senses of guilt for very little reason? Do feelings of guilt stop you from doing the things that you enjoy? In this book you will learn how to release these self-indulging feelings of guilt, so you can free yourself once and for all. Contained in the book is an exciting new process for personal growth and transformation. These tools includes: 1) A FREE bonus Journaling audio program. At no additional cost I’m including the corresponding FREE 34 minute training (a \$25 value). I have created it specifically to heighten the learnings taught in this book. This audio will gently give you the courage to allow your feelings of guilt to come forward. Contained in the book is the link for this downloadable audio. This is my gift to you. 2) The empowering information of how and why you should release your feelings of guilt. 3) The Blue Rainbow Series personal growth and transformation camaraderie connection. 4) How to journal so you can capture your

personal thoughts and feelings.  
5) Additional bonus material. Join me on the website <http://barbbailey.com> for a Free Letting go Gift package that includes: The Rainbow Balancing Meditation, Inspirational Newsletters and How to Overcome Past Negative Emotions Video (a \$37 value).

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