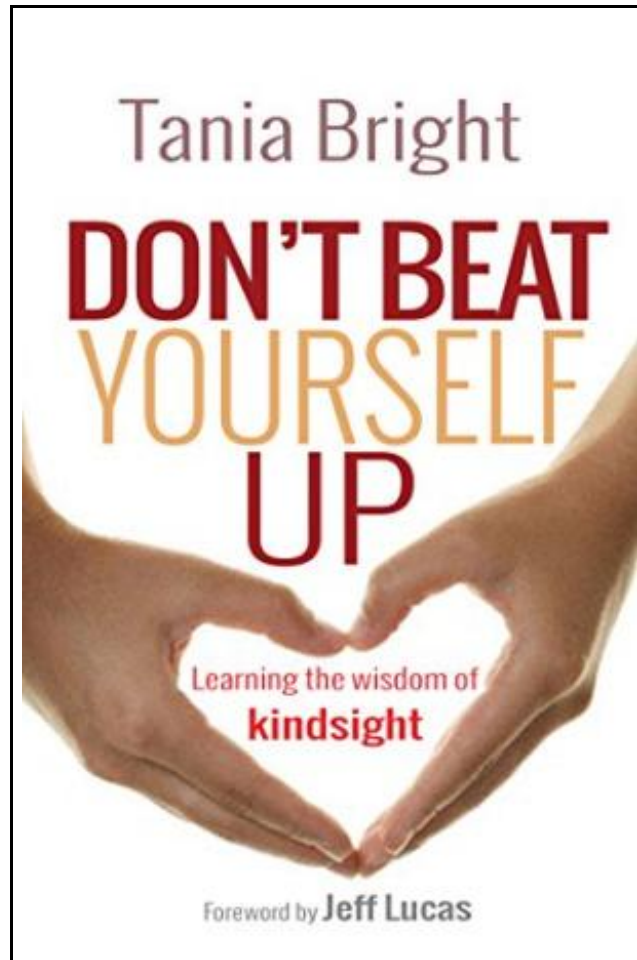


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DON'T BEAT YOURSELF UP: LEARNING THE WISDOM OF KINDSIGHT



Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, Don't Beat Yourself Up: Learning the Wisdom of Kindsight, Tania Bright, Many Christians live with a sense of guilt but it doesn't need to be that way. We have all messed up and fallen short. Kindsight informs how we can interpret and accept the past, negotiate and enjoy the present, and remain optimistic for the future. Tania Bright reveals how to develop a habit of loving, forgiving and being kind to ourselves. She teaches us to embrace our failures and fears and see them differently. We are never unredeemable or beyond the love and grace of God. Quite the opposite: He forgives, and He offers kindness. The failures are an opportunity to learn. Tackling a range of subjects more often characterized by pain than kindness - shame, bad relationships, loss, burnout, parenting, and debt - Tania Bright offers a sense of relief to those who live with the nagging sense that they are not up to what God and the world around them would expect.



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