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Radical Self-Forgiveness & Self-Acceptance CD/DVD Set

Colin C. Tipping

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Radical Self-Forgiveness & Self-Acceptance CD/DVD Set

Colin C. Tipping

Radical Self-Forgiveness & Self-Acceptance CD/DVD Set Colin C. Tipping
Win Freedom From Guilt, Shame and Self-Recrimination In this remarkable program consisting of a DVD and CD, Colin Tipping shows you how to quickly get relief from the tyranny of your inner critic and internal judge. Wouldn t you agree that these two tyrants have been committed to making you wrong and pulling you down at every opportunity for far too long and that it has to stop? Of course you would! This program will help. On the DVD (running time - 1hour 35 mins), Colin Tipping distinguishes between guilt and shame and when it is appropriate to feel either, or both, and when it is definitely not appropriate. He also explores the nature of SELF and finds we all have a community of selves within, which leads to the question, Who s Forgiving Who? This program gives you a chance to become properly acquainted with those all the characters inside your head who criticize you all the time, then shows you how to have a healing dialogue with them to convince them that you are OK just the way you are, and that your very perfection lies in your imperfection. He explains how the Radical Self-Forgiveness/Acceptance technology works so you have a thorough understanding of all that is involved in using the simple- to-use tools he provides for your transformation and empowerment through Radical Self-Forgiveness/Acceptance. On the CD in this set, you will find the 13 Steps to Radical Self-Forgiveness Process which has proven to be a very powerful and effective tool. You participate by listening to each step and answering Yes to the steps that come as a question to you. All you are doing by saying Yes is indicating your willingness to forgive yourself. That s all it takes. Your Spiritual Intelligence does the rest. It really is that easy and quite amazing in it effectiveness. No belief required even! The process takes only about eight minutes and it works! There is also a song that Karen Taylor-Good sings on the CD that she wrote especially for this work called I Forgive You Me! You are also provided two special worksheets, along with detailed instructions how to use them that you download with a special password one for Self-Forgiveness and one for Self-Acceptance. USING THIS DVD/CD SET WILL RAISE YOUR SELF-ESTEEM AND SET YOU FREE.

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Roger Cooper:

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