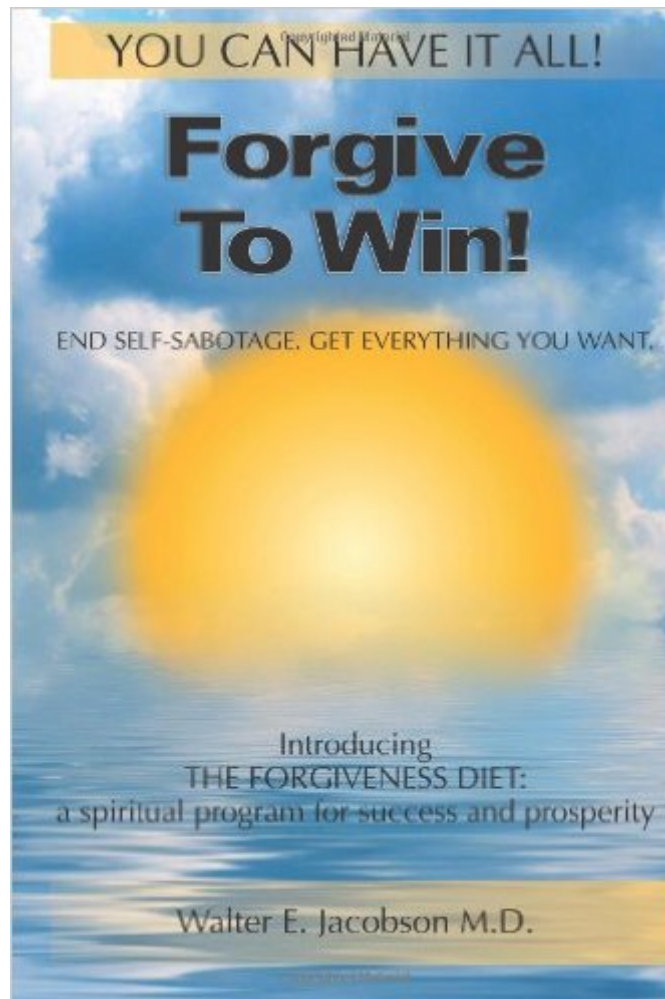


The book was found

Forgive To Win!: End Self-Sabotage. Get Everything You Want



Synopsis

Most of us don't get what we want in our lives because we sabotage ourselves: We procrastinate. We resist. We don't follow through. We don't do the things that we know are in our best interests. The end result is a life of unfulfillment and disappointment. It doesn't have to be that way. When we eliminate the guilt, shame, and self-loathing deeply-embedded in our unconscious mind which generate our self-destructive, self-defeating behaviors, our world changes for the better: We start attracting people and circumstances that cooperate with our goals and propel us towards the manifestation of all our hopes and dreams. The way to eliminate our guilt, shame, and self-loathing is to esteem ourselves and forgive ourselves. The way to esteem ourselves and forgive ourselves is to esteem and forgive others. Forgive To Win!'s Forgiveness Diet is a structured program that teaches us how to do this. It's not complicated. And it works! By consistently practicing a daily regimen of thoughts, actions and exercises devoted to accepting, forgiving and being of service to others, our self-esteem increases, our self-sabotaging behaviors decrease, and we experience greater opportunities and more positive outcomes in all realms of our lives. With the Forgiveness Diet you can: Be successful in your career. Generate wealth & prosperity. Be successful in your relationships. Generate love & harmony. Increase self-confidence. Eliminate fear & worry. Be happy & healthy. Lose weight & get in shape. Live long & live well.

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Customer Reviews

Forgive to win is a little 70 page book that packs 140 pages of wisdom. The book is action oriented - not a passive read that ends up on the shelf never to be opened again. If you relate to the idea that

self-sabotage gets in the way of your success, and you are tired of being sick and tired, you'll want to work your way through this very positive 90 day program. As a licensed professional counselor I know that self-sabotage is an issue for many clients, and most of us would have to admit that it has plagued our life from time to time. If you can relate to the blame game, to feeling cheated and resentful, if you often judge yourself harshly, are critical of others or feel guilty about events or issues that are out of your control, this might be the book for you. The Forgiveness Diet has nothing to do with food for the body. It is all about nourishment for the soul. Dr. Jacobson makes it clear that positive change is an "inside job" and gives you the information you need to achieve success. With the information included in *Forgive to Win*, you can grow your own crop of self-confidence and self-love. The diet suggests a high intake of spiritual protein (estimable acts and forgiveness), a low intake of spiritual fat (judgments and resentments), a low intake of spiritual sugar (immediate ego gratification), a high intake of spiritual fiber (truth, morality and ethics), monitoring our calories (forgiveness inventory and list), spiritual water (forgiveness mantras), spiritual supplements, forgiveness affirmations, forgiveness visualizations, a gratitude list, synchronistic contemplations and dream programming. Honest, mindful thinking and conscious, aware living are the threads that glue the Forgiveness Diet together and make it effective.

Forgive to Win! by Walter E. Jacobson is a book of self-help and self-discovery reminiscent of best-selling books like *The Secret* and *The Power of Now*. While those books are excellent, *Forgive to Win!* takes self-help to a whole new level by showing individuals just how to apply its principles into their daily lives--for amazing results. Jacobson proposes the Forgiveness Diet, a ninety day regimen that focuses on forgiveness through one's, "thoughts, actions, and exercises designed to establish new thought-emotion behavior habits of esteeming, accepting, forgiving and being of service to others." Jacobson theorizes that there is something in the subconscious that blocks individuals from achieving their goals. The only way to achieve success, according to this remarkable author, is through inner peace and contentment. An interesting point that Jacobson makes is that we are naturally prone to resistance. He states, "We resist. We don't follow direction. We don't follow through. We allow ourselves to be distracted and derailed." Whether it's a painful event from our past or an individual that has caused us pain, we become conditioned to subconsciously believe that we cannot overcome. We become defeatists. Human tendency is to say things such as, "There's no point in trying." "It will never work." In other words, humans "self-loathe," and are quite adept at self-destructive behavior, and it directly affects relationships, job opportunities, and ultimately the ability achieve success. The solution: the 90-day Forgiveness

Diet--a structured program that will de-condition and build positive habits through forgiveness and the ability to let go. The process from negativity to a positive mindset is a rigorous reparation process.

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