



Guilt: Letting Go

Lucy Freeman, Herbert S. Strean

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Shows how to understand and let go of your guilt. The first part deals with the causes of guilt, its manifestations, where it originates, how it works in the family and in personal relationships, and how it is manipulated by advertisers and salesmen. Describes the outlets it finds when it is denied, its relationship to fear and anger, shame and jealousy, and how it differs in men and women. The second part focuses on how to let go of the guilt the reader has been carrying around for years and includes chapters on denial, changing the inner script of the past, what to do when guilt persists, distinguishing between real guilt and imagined guilt, how to lessen it and how to cope with it.

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