



## Getting Past "If Only": Learning to Live Without Regrets

By Kim A. Nelson

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**Getting Past "If Only": Learning to Live Without Regrets** By Kim A. Nelson

Do you ever find yourself stuck in *if only* and *what if*—wishing you'd done things differently or fretting about what might lie ahead? In today's world, most of us have high expectations about what we should achieve, how we should behave, and how others should treat us. As a result, guilty feelings over regrets about the past and haunting fears for the future afflict countless Latter-day Saints, affecting their personal relationships, self-esteem, and peace of mind. You may be one of them.

But you can find tranquility in spite of the hurts and pains of life. In this life-changing book, author Kim A. Nelson offers four specific steps that will help you get past *if only* and *what if* by showing you how to take ownership of your life, make better decisions, set healthy boundaries, and avoid the comparison trap. Life will never be perfect, but past hurts and negative expectations don't need to determine the level of joy you experience in your life. Using the concepts in this transformative book, you can throw off the burdens of the past and fears for the future, allowing you to live a happier, more fulfilling life.

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## Getting Past "If Only": Learning to Live Without Regrets By Kim A. Nelson Bibliography

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The reason? Because this Getting Past "If Only": Learning to Live Without Regrets is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who all write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of gains than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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