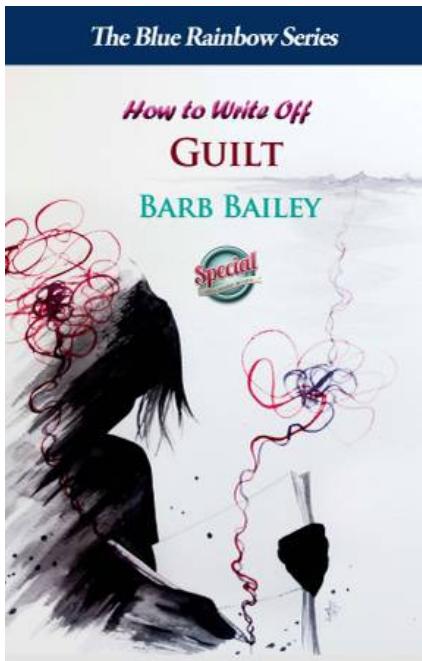


# Woe is me



The Blue Rainbow Series

How to Write Off

**GUILT**

**BARB BAILEY**

Special

Location

**Maryland**

<https://www.genclassifieds.com/x-258535-z>



Do you realize that guilt can cause the "Woe is me, I'm such a bad person" syndrome?

Did you know that feelings of guilt is a learned behavior? You were "programed" with these feelings throughout your life by your parents, teachers, TV etc. They are NOT your fault. You have the power to get rid of these unwelcomed burdens from your life.

Why is it important to release your feelings of guilt? Unconscious guilt can add energy to any potential illness in your physical body. Continued feelings of guilt can stop you from doing the things you enjoy. They are prohibiting you from truly living the life you deserve.

Is it time for you to find out "How to Write off Guilt"? Set the Past Free Through Journaling. I've created a new book and corresponding guided journaling audio to help you.

It is a simple way to start shedding those feelings of guilt. For more information on how to get started visit: <http://barbbailey.com/products/> Page down on the website for this unique transformation experience.

Many smiles,  
Barb

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