



## Forgive and Be Free: A Step-by-Step Guide to Release, Healing & Higher Consciousness

*Ana Holub*

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# Forgive and Be Free: A Step-by-Step Guide to Release, Healing & Higher Consciousness

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Forgiveness will heal you, free you, and catapult your life into a completely new territory of blessings and miracles. This comprehensive guide offers a step-by-step approach to forgiveness with the spiritual foundation that is necessary for ultimate healing. Follow the ten easy steps to become stronger and more compassionate:

- Create a sacred space
- Tell your story
- Navigate your emotional body
- Embrace your fear with love
- Listen for hidden messages
- Release with breath
- Witness the changes
- Learn the lessons
- Expand your soul
- Emanate a new life

With personal stories, case histories, and hands-on exercises, Ana Holub brings you safely through emotional hardships and into serenity. Learn to offer forgiveness to yourself and others, meet your past with compassion, and discover the profound benefits of release, healing, and divine consciousness.

### Praise:

“Ana’s heartfelt understanding of how and why forgiveness works flows throughout *Forgive and Be Free*. In this practical and compelling book, she gives the reader a clear understanding of the need for and the skills to practice forgiveness.” —Frederic Luskin, PhD, author of *Forgive for Good*

“Ana Holub’s perspective and wisdom on forgiveness has the power to change your life at the deepest level. Buckle up. She is an amazing, gentle, profound writer.” —Anne Lamott, author of *Help, Thanks, Wow*

“This book gives you deep understanding and the step-by-step tools you need to be emotionally healthy, happy, and compassionate with yourself and others. A must read for anyone who’s had some tough times in life. Highly recommended!” —Colin Tipping, author of *Radical Forgiveness*

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#### **Tamara Reams:**

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