

Chapter 1 : 50 Letting Go Of the Past Quotes - Let Go and Move On

In the fourth grade, Shannon Guymon wandered into the school library and figuratively never came out again. She decided one day to take her love affair with the written word one step further and wrote her first novel, Never Letting Go of Hope.

My Mental Breakdown I struggled with severe anxiety four years ago. The onset was abrupt. Until I was twenty-five, I was the healthiest person I knew. That changed suddenly in I woke up one morning with an itchy spot on my chest; I looked down and saw two small fang marks. At the ER, they gave me a steroid shot in the butt and antibiotics to prevent infection such wonderful memories. I could be seen visibly shaking upright in my bed. Spider bites are rare, right? I thought so too until another spider bit me a few days after the first one did! It was a strange and unexpected slippery slope of worrying, not getting enough sleep, being scared to sleep, and freaking out because I was freaking out. Meanwhile, I hoped for it all to go back to the way it was. I had never hoped for something so much in my life. You hope to conquer anxiety or depression. You hope to get into your favorite college. You hope to find love one day. When I was in the worst part of the struggle, I hoped so much for things to just go back to normal. The worse it got, the more I hoped. I hoped that my next breath would be drawn out and deep and relaxing, but it never was. Hoping is like a weaker form of expecting something. I threw the gauntlet at the problem. My hope kept me fighting so hard. But fighting is not what I needed to do. In life, like in war, we must know when to attack, and equally important, when to retreat. Not all enemies can be defeated in a straightforward conventional way. I gave up hope in winning this fight. I was surprised when, over time, the enemy walked away! I stopped caring about my breathing frequency and depth. Give me a few more! Much later that day, Tolstoy remained in the corner, his mind fixated on the white bear he needed to stop thinking about. He was finally able to stop thinking about the white bear when his brother gave him permission to think about it. This experiment has been replicated, and the result is always the same: More effort does not always bring greater results. Smarter strategies always bring greater results. This is most helpful with areas like anxiety, worry, fear, and depression. When you accept them and stop hoping they go away, they lose a considerable amount of their power over you. For me, losing hope was freedom. Maybe it will be for you too.

Chapter 2 : Never Let Go Of Hope - Live Life Happy

*Never Letting Go of Hope [Shannon Guymon] on racedaydvl.com *FREE* shipping on qualifying offers. Cassie Roberts ordinary life as wife and mother changes forever when her best friend makes a dying wish.*

Improved self-esteem Why is it so easy to hold a grudge? Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. Some people are naturally more forgiving than others. What are the effects of holding a grudge? Forgiveness is a commitment to a personalized process of change. To move from suffering to forgiveness, you might: You might even find compassion and understanding. If you find yourself stuck: Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation. Be aware that forgiveness is a process, and even small hurts may need to be revisited and forgiven over and over again. Does forgiveness guarantee reconciliation? If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Think of forgiveness more about how it can change your life by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life. Avoid judging yourself too harshly. Speak of your sincere sorrow or regret, and ask for forgiveness without making excuses. Others need to move to forgiveness in their own time. Whatever happens, commit to treating others with compassion, empathy and respect.

Chapter 3 : Never Letting Go of Hope by Shannon Guymon - FictionDB

If you lose hope, then for sure life seems difficult. This short poem is one which if followed may help you. We hope you enjoy the inspirational words of the poet.

However, most of us engrave the bad things that happen to us in marble; therefore, our painful memories remain immortalized in our minds. We walk around with our failures, our mistakes, our disappointments, and our hurts from the past shackled around our ankles, weighing us down. In order to live fully in the present, and adequately plan for the future, we need to learn what we can from the painful memories of the past, and then let those memories go. Release the past, stand firmly in the present, and prepare to step confidently into the future. Everything and everyone that you hate is engraved upon your heart; if you want to let go of something, if you want to forget, you cannot hate. You can only DO something. Today is a new day! Looking at the same event with fresh eyes. So the fearful past causes a fearful future and the past and future become one. We cannot love when we feel fear. When we release the fearful past and forgive everyone, we will experience total love and oneness with all. Consider letting them go. You are holding suffering. The truth is that existence wants your life to become a festival. Why do you cling to pain? There is nothing you can do about the wrongs of yesterday. It is not yours to judge. Why hold on to the very thing which keeps you from hope and love? Look around you, take a deep breath and notice what you see, hear and feel. Present moment awareness is the point of power and choice. It frees us from our compulsive thoughts. Life is in you today, and you make your tomorrow. In order to be free, we must learn how to let go. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today? If you hear the past speaking to you, feel it tugging up your back and runing its fingers up your spine, the best thing to do-the only thing-is run. But it had to be placed in perspective. The past could not dominate the future. You use it as a stepping stone. Close the door on the past. I just lump everything in a great heap which I have labeled the past, and, having thus emptied this deep reservoir that was once myself, I am ready to continue. Winners learn from the past and enjoy working in the present toward the future. Your life is like a play with several acts. Some of the characters who enter have short roles to play, others, much longer. Embrace them all, and move on to the next act. Become the architect of your future.

Chapter 4 : Shannon Guymon | Open Library

Never Let Go of Hope has 39 ratings and 12 reviews. The Novel Approach said: Ellis is an artist who feels like he's hit middle-age and is really just goi.

Chapter 5 : Never Let Go Of Hope Pictures, Photos, and Images for Facebook, Tumblr, Pinterest, and Twitter

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Chapter 6 : Never Letting Go of Hope by Shannon Guymon

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Chapter 7 : Forgiveness: Letting go of grudges and bitterness - Mayo Clinic

"Never let go of hope. One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed and you will ask yourself.

Chapter 8 : Never Let Go of Hope by Edward Kendrick

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Chapter 9 : Letting Go - Hope for Hurting Parents - Hurt by Destructive Behaviors of Teen-To-Adult Children

Never Let Go Of Hope quotes - 1. Being away from you is the most painful thing ever. But it's worth it because of the day that you will hold me in your arms, and never let go.