



Shoulda, Coulda, Woulda: Live in the Present, Find Your Future

Les Parrott

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'If only...' 'I should have...' 'What if...' Don't punish yourself with regret. It only poisons your daily life and robs you of the peace you long for. Instead, transform past pain into a powerful force that propels you toward a better tomorrow. Dr. Les Parrott, a leading relationships expert, gives you encouragement and direction to redeem your past and live fully in the present. He shows you how to cope with regret and guilt, replace shame with self-respect, learn how to forgive yourself, and keep new regrets from piling up. Dr. Parrott also gives you solid guidelines for making better decisions in the future. With this book, looking at your past will bring healing and growth---not regret, guilt, or shame. You can pack away your if-onlys, give perfectionism the boot, and rejoice in who and where you are today.

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