



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

*Kim A. Nelson*

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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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