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Woulda, Coulda, Shoulda: Overcoming Regrets, Mistakes, and Missed Opportunities Paperback - February 28, 1992. by. Arthur Freeman (Author) > Visit Amazon's Arthur Freeman Page. Find all the books, read about the author, and more. See search results for this author.

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For those who suffer from a constant sense of regret about the past, who feel their present lives have been immutably shaped by actions they could or should or would have taken but didn't, real help is at hand. In clear, uncomplicated language, Dr.

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Woulda, Coulda, Shoulda: Overcoming Regrets, Mistakes, and ...

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Shoulda, Coulda, Woulda...Overcoming our Regrets - LakeRidge UMC

Woulda/coulda/shoulda: overcoming regrets, mistakes, and missed opportunities User Review - Not Available - Book Verdict We have all made mistakes or had unfortunate things happen to us. Some of us...

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Woulda, Coulda, Shoulda: Overcoming Regrets, Mistakes, and ...

ISBN: 0060973358 9780060973353: OCLC Number: 21903549: Notes: Includes index. Description: 276 pages ; 20 cm: Contents: Preface --Introduction --pt. 1.Sending the past packing ; lining up a new future --ch. 1.Woulda/coulda/shoulda --The minefield of life --How we react to mistakes --How woulda/coulda/shoulda thinking develops --"Why" is not important --What next, not why --How people set ...

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Book Review: Woulda/Coulda/Shoulda: Overcoming Regrets ...

If you'd like to delve deeper into this topic, I highly recommend Arthur Freeman and Rose DeWolf's book Woulda Coulda Shoulda: Overcoming Regrets, Mistakes and Missed Opportunities.

Coulda Woulda Shoulda - PART TWO: How to Overcome Coulda ...

Regrets often take the form of Coulda Woulda Shoulda thinking. Part One of this article described the costs of Coulda Woulda Shoulda. Today, we'll continue by discussing proven ways to overcome this pattern. 1. Recognize that everyone has some regrets in life - and see how they handle them.

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You get one shot at life, so you might as well take it otherwise there will be a whole lot of "woulda, coulda, shoulda" when you look in the rearview mirror of your life.

Personal Growth: Woulda, Coulda, Shoulda | Psychology Today

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. 3 out of 5 stars

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