



Resentment: How to Let Go of Bitterness in an Entertaining Way (The Blue Rainbow Series)

Barb Bailey

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What if everything in your life happened for a reason? Upon reflection you realize that the drama in your life turned out to be your greatest gifts. That letting go of past resentment can cause profound change for the here and now. This unique book is a series of short stories of real life experiences. Some of the stories are funny, some a bit shocking. After the description of each short story, the readers are invited to choose from a list of occurrences that may or may not have occurred at the end of the story. The reader is also encouraged to use their own creativity by coming up with their own ending for each story along with sharing their own humorous learning life experiences. Following the short book is your own personal journal pages where you can record your personal stories of letting go of resentment. Barb Bailey's book and corresponding webpage www.barbbailey.com gives you the reader a safe place to gather. A comfortable nook where you can share the laughter, the tears and become a part of the journey. What you can gain by sharing these experiences:

- The ability to start the healing process by bringing humor to past resentful situations
- The strength to dig deeper into your experiences knowing that you have a safe nook to share
- Your permission to move forward in your life
- A place to expand your brilliance
- An understanding you are a beautiful being regardless of what has shaped your life
- The liberty of setting free resentful events
- My heartfelt gratitude for stepping forward and sharing with all of us on this webpage's journey
- The power to dissolve the perceived chip on your shoulder
- The relief of forgiveness

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