THE MAGIC OF STARTING OVER

How To Move Past Failures And Embrace The Brighter Future

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Introduction

Many people agree that the past should be forgotten, and we should focus on the present and the future. However, it's easier said than done. Some traumatic and hurtful situations are not easy to let go because of their unprecedented nature. Many times, we think about what could have been, and hot tears just roll down the check. Sometimes, it can be because of the loss of a significant other.

You have been looking forward to building a future together with the person. She was the woman of your dreams. You have been waiting to have someone like her in your life. Eventually, you found her, and you were already planning forever with her. Then, out of nowhere, she was involved in this ghastly accident that took her away from you. Now, you are wondering how life could have been so cruel. You feel unlucky and depressed. The depression and dejection have made it hard for you to give any other person a chance to win your heart.

Indeed, a story such as this is tragic. If it were a Hollywood movie, you could have been shedding tears by now. We all have things like

this in our life. Of course, the intensity and situation are not the same. Nonetheless, we all need healing. We all need to let go of the past and focus on the present while looking forward to the future. This book will equip you with the tools you need on this new journey.



THE PAST: IT'S GONE FOREVER



Chapter 1: The Past: It's Gone Forever

In the words of Chuck Palahniuk, "Your past is just a story. And once you realize this, it has no power over you." These words were spoken some years ago. However, they are still as potent and relevant as the first time they were spoken. If only many people realized this simple but extremely powerful truth, life would have been easier for them. We would have had more individuals that are less cranky and frustrated in the world.

Some people struggle to overcome their past demons. For instance, bad experience from their past relationships often hinder them from building robust and happy relationships in the future. They built a mental wall and find it difficult to trust another person or commit into another relationship. Letting past experiences interfere with our future is detrimental to our growth and mental wellbeing. This chapter will explore some vital things about the past you need to know.