



Forgiveness: 21 Days to Forgive Everyone for Everything

Iyanla Vanzant

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Too many of us feel trapped in stagnant romantic, family, or workplace relationships. Weighed down by toxic thoughts and emotions, we might be quick to judge and slow to pardon, and self-righteous about our feelings as we dwell on memories of what we or others did (or failed to do). In this new book, Iyanla Vanzant challenges us to liberate ourselves from the wounds of the past and to embrace the new power of forgiveness.

With Iyanla's 21-Day Forgiveness Plan, you'll explore relationship dynamics with your parents, children, friends, partners, co-workers, bosses, yourself, and even God. With journaling work and Emotional Freedom Techniques (also known as "tapping"), you'll learn to live with more love; gain new clarity on your life, lessons, and blessings; and discover a new level of personal freedom, peace, and well-being.

Forgiveness doesn't mean agreeing with, condoning, or even liking what has happened. Forgiveness means letting go and knowing that—regardless of how challenging, frightening, or difficult an experience may seem—everything is just as it needs to be in order for you to grow and learn. When you focus on how things "should" be, you deny the presence and power of love. Accept the events of the past, while being willing to change your perspective on them.

As Iyanla says, "Only forgiveness can liberate minds and hearts once held captive by anger, bitterness, resentment, and fear. Forgiveness is a true path to freedom that can renew faith, build trust, and nourish the soul."

Forgiveness: 21 Days to Forgive Everyone for Everything Details

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From Reader Review Forgiveness: 21 Days to Forgive Everyone for Everything for online ebook

Cloris Kylie says

Forgiveness has been the focus of much of my writing because I'm aware of how hard it can be for many of us to forgive. The struggle to forgive, which is rooted in judgment, can be related to a wide range of events; we might have trouble forgiving the driver who cut in front of us on the highway or the "best friend" who betrayed our trust. However, negative judgment is most damaging when it's directed toward ourselves. Many times we are unable to forgive ourselves for our past mistakes or for allowing others to mistreat us or to hurt us. In fact, we often have a harder time forgiving ourselves than forgiving others. A lack of forgiveness blocks our ability to live a happy life, so this is why I was drawn to read Forgiveness: 21 Days to Forgive Everyone for Everything by Iyanla Vanzant.

Iyanla Vanzant offers the wisdom that she's gained as a result of her personal struggles. Even though my particular life experience is different from Iyanla's, I could relate to her feelings when circumstances or people in her life disappointed her. The book offers a step-by-step guide to complete a 21-day forgiveness program. With a combination of guided meditation, journaling, tapping, prayer, and suggested action steps, Forgiveness addresses the resentment we might harbor toward ourselves, our body, our life, our close relatives and acquaintances, our romantic partners, and even toward God and the world in general.

One of the core aspects of the program is time for stillness. Only when we are free of distractions we are able to tap into our feelings and receive the messages that come to us during tapping and meditation. The inclusion of prayers from A Course in Miracles made the book's message even more impactful.

Also, this book allowed me to gain a clearer understanding of tapping as a tool to overcome past traumas. Tapping is an Emotional Freedom Technique (EFT) that unblocks the energy that might be causing emotional or physical pain. As Iyanla Vanzant says, "Combining forgiveness and tapping is a powerful way to unclog every system in your life and open the way for new energy and experiences to unfold."

Forgiveness: 21 Days to Forgive Everyone for Everything is a detailed guide to help us forgive, but we still need to want to forgive, be ready to forgive, and do what it takes to forgive to reach a place of complete forgiveness.

In the end, forgiveness is an act of self-love, and loving ourselves is the key to connecting to authentic happiness.

Question for you: What helps you forgive?

I invite you to visit www.cloriskylie.com for more stories about forgiveness and about manifesting the magnificent life you're meant to live!

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

RainbowWriter says

Reading this book could be a milestone to anyone. It prepares you to a new life filled with peace, happiness and bliss by forgiving the past hurts to absolutely EVERYBODY in 21 good days of Tapping a.k.a. EFT, prayer, meditation and journal work. But the thing is that because the book has a very Christian highlight I personally believe that Iyanla Vanzant's methods will work on you only if you want to so you HAVE TO BELIEVE IN IT if you want to gain any results. I don't recommend this book for anyone busy because the journal work might make the process slower than 21 days if you don't have the answers immediately. The book is very profound and I absolutely LOVE the free prayer and meditation CD of Iyanla's included in the book and I believe that I will return to the CD various times after reading the book itself. Truly eye-opening!

Bellaïsa Filippis says

I was really starting to get into EFT (tapping) when I found this book, so I was glad to see the whole book uses tapping to let go of negative emotions and forgive. A lot of the complaints I have seen around this book are in regards to EFT seeming a little weird. The more I research is, listen to people's stories about it, and use it myself, the more I think EFT is an important tool in becoming healthier and happier.

I can't say that I have forgiven everything and everyone magically in 21 days, like the title suggests, but I do have a better process to work on forgiving.

The best part about this book is that you have to interact with it. Each chapter starts with a story to set up the subject and then you have to take action and forgive the subject yourself. Your mother, father, girlfriends, boyfriends, etc are all covered in this book.

If you like Iyanla, then I think you will like this book. You can hear her voice in the words.

Annie Hurley says

"Forgiveness is not an occasional act, it is a constant attitude." - Martin Luther King, Jr.

I hadn't thought of forgiveness as an essential component of moving forward until I read Forgiveness by Iyanla Vanzant. Since I selected this book to read, I have been hearing about the importance of forgiveness from other authors concurrent with my reading.

Iyanla Vanzant calls us to recognize all the places in our lives that we need to bring forgiveness to, beginning with ourselves. The book is intended to be worked in exercises to be completed during 30 to 60 minutes on each of 21 days. The work of each day focuses on extending forgiveness to practically every type of relationship we could possibly have.

Each chapter starts out with a "forgiveness story" written by either Iyanla Vanzant or a guest writer. These stories provide personal examples from the writers' own lives, describing how they came to realize their need to forgive others who they had spent energy resenting. Following each chapter's forgiveness story are the forgiveness exercises.

The forgiveness exercises begin with a forgiveness prayer, followed by an exercise of writing personalized forgiveness statements tailored to the individual reader's unique forgiveness needs in their own relationships, all leading up to the tapping sequences. Emotional Freedom Techniques (EFT, or tapping) can be thought of as acupuncture sans-needles, according to Vanzant. The idea in this case is to tap (with your fingers) on specific meridian points to clear out blocked energy attributed to negative thoughts born of unforgiveness.

Forgiveness is largely set up in a workbook format. I must admit that although I read the book summary before choosing to read it, I was surprised by how many exercises there were to complete. Having had very minimal previous exposure to tapping, I personally found the heavy reliance on tapping in the workbook portions to be overwhelming.

For those of us who are tapping newbies, the book refers us to Lindsay Kenny's website to review her manual and videos. I visited the website, but found the manual to be really long and honestly just wanted to finish my current book. I think it might have been worthwhile to include a more comprehensive overview of the actual tapping process for the complete beginner within this book, so that it could stand on its own as a start to finish guide for someone looking to feel confident about tapping along with the workbook exercises.

I also found the workbook exercises to be cumbersome to complete since all the materials needed to do one exercise were not in one place. There is a page of about 10 reminders on the tapping process before each exercise which is helpful, but the reader is also asked to refer back to a page from the beginning of the book containing an "Emotional Trigger List" before the start of each tapping session. Since I didn't really know what I was doing with the tapping, I also had to refer back to a page in the beginning of the book with a picture of the tapping meridian points.

In addition to that, I didn't really understand what statements to use with the tapping. There are three bonus "Tapping Scripts" which provide the exact words to go along with the tapping, but even with these examples I still didn't feel equipped to write out my own tapping scripts for the other more free-form tapping exercises. I probably needed to read a whole other book on tapping before reading this book.

While I enjoyed the forgiveness stories preceding each tapping exercise, when I first started reading the book I was surprised that the chapters didn't contain more general information on the forgiveness issues people might have with their mother, father, partner, etc. The stories were well-written and provided good insights, but I was after more generalizable statements about the different types of relationships and their common issues. While some of the chapters addressed more generalized issues, not all did.

I really liked the forgiveness prayers at the beginning of each chapter, and found writing the forgiveness statements to be fun and therapeutic. This book is probably great for someone who is already familiar with tapping. If you are new to tapping, you will likely still enjoy reading the text, just be prepared to do some tapping research on your own to help you through the exercises.

I am personally looking forward to learning more about tapping, and might revisit the exercises in this book again once I have gained some more familiarity and confidence with tapping.

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

Becca Chopra says

Can you forgive everyone that's ever hurt you, including yourself? With Iyanla Vanzant's help in her new book, *Forgiveness: 21 Days to Forgive Everyone for Everything*, I was able to recognize emotions I thought had been long ago dealt with, and deal with them as I traveled the forgiveness journey with her.

Spiritual life coach Iyanla Vanzant takes you headfirst, soul deep into the practice of forgiving yourself, your body, your life, your parents, your choices, your relationship with money, and more... no stone or grudge is left unearthed.

What is the benefit of following Iyanla's forgiveness protocols in this book? Practicing forgiveness, as she demonstrates, helps you keep your energy clear and manifest what you truly want... living your life with more love for yourself and others. Through the journaling pages and EFT (Emotional Freedom Technique) tapping instructions in the book, and the soothing meditations in the accompanying CD, you are given the tools to eliminate any excess mental or emotional weight that keeps you stuck in repetitive situations, circumstances and experiences that are not healthy or productive.

You can simply read this book for its wonderful insights and interesting "Forgiveness Stories" in each chapter. Or you can take it one day at a time with Iyanla and spend 21 days following her system of total forgiveness. It's work, but it's worth it. As she says, "Forgiveness helps to transform and eliminate the energy blockages that we hold in our minds about who we are and who others are, and the subsequent issues or upsets that grow from the thoughts, beliefs and judgments we hold." I found the part on letting go of judgments to be very powerful, as they create needless suffering.

Although I practice Dynamind, a simplified version of EFT that I describe in my books *Chakra Secrets* and *Balance Your Chakras, Balance Your Life*, I found the tapping effective in eliminating the stress caused by energetic blockages from negative thoughts that needed to be forgiven.

Day 1 in the Forgiveness Ritual is "Forgiving Myself for Judging Myself," the most self-loving, self-affirming practice you can do, opening the heart, mind and spirit to greater possibilities. Once you reach Day 18 and "Forgive the World," you spend the last three days of the program writing forgiveness letters that you never send, because acknowledging your emotions and writing them is what is important. Once completed, forgiveness will be a new tool in your skill set to live your life to the fullest.

Frederic says

This book is fantastic, once I committed to do the work it was mind blowing. I really started to see a shift at Day 10... by Day 21.. it blew my mind. It is requiring a lot of commitment and to be totally honest with ourselves for this to work.. Is it a magic formula? not at all... but it sure help to get a lot of junk out of the way and live differently. Stories that were included for each day were inspiring.. I felt guided and I saw how tapping can do miracle. Yes it changed my life. The only reason I am not giving 5 stars is that I am unsure if I'll see any value to read it a second time... it is a starting point in our journey in forgiveness.. I recommend this book!

Create With Joy says

If you have ever been hurt or betrayed by someone you trusted – if you carry deep wounds inside that you just can't seem to recover from – if you have difficulty forgetting how someone from your past once wronged you – then you know that forgiveness can be one of the most difficult tasks in the world. Most likely, you also know – through personal experience – that left to fester, unforgiveness will eat away at your insides and negatively impact every area of your life.

If there are areas of your life where unforgiveness resides, and you are looking for a New Thought book that will help you to identify and work through these issues, than you may be interested in Iyanla Vanzant's new book *Forgiveness – 21 Days To Forgive Everyone For Everything*.

A lot of books have been written about forgiveness, but Iyanla's book is unique in several ways. In Part 1, *The Practice* – Iyanla helps you to make the mind-body connection between the blocked energy in your bodies that stems from negative thoughts, beliefs, emotions and memories that results in physical or psychological pain. She provides a chart of Emotional Trigger Words to help you identify what you are feeling when you think about certain things – and she introduces a technique called the EFT Energy Tapping Process to help those with energy blockages experience release.

In Part 2, *21 Days Of Forgiveness*, Iyanla identifies 21 areas to work through where we are likely to have people we need to forgive – starting with ourselves. She also includes personal stories, daily forgiveness process reminders, and journal exercises throughout this section.

Iyanla also includes a CD with the book.

What I liked most about *Forgiveness* is that, by going through the 21-day process, it helps you to identify areas in your life where you may need to forgive others (or yourself) that you were previously unaware of.

The book is well-written and will be appreciated by its target audience.

To read my review in its entirety, please visit [Create With Joy](#).

Disclosure: I received a copy of this book from the publisher for review purposes. I was not required to write a positive review. The opinions expressed in this review are entirely my own.

Edythe Hamilton says

I forgive you, I forgive her, I forgive him, I forgive Me ! That's how I felt when I finished reading *Forgiveness* by Iyanla Vanzant. She states, "When you master the practice of forgiveness, it becomes as natural as breathing." Well, I haven't mastered it just yet, but I'm working on it.

"Releasing the past restores us to the full energy of the present moment...It's all about energy." If forgiveness is all about energy, I have been extremely tired for a very long time. I agree that holding onto negative issues create negative energy which leaves you feeling tired or depressed. Sometimes, you might not even realize that is the problem.

“Throughout this forgiveness practice, you will be asked to identify thoughts and beliefs.” This is where I began to become uncomfortable with the statements that were suggested to use. Let’s face it, a person can talk about forgiving but when it comes down to getting to the root of it all, you really do not want to confront it.

“More than any other emotion, I know the dangerous impact anger has on the nervous system... Emotions in the body are like fuel in the car; they will either keep you running smoothly or keep you stuck internally and externally.” Most people do not relate health problems to non-forgiveness. Not forgiving a person or situation that you retain in your mind can lead to harmful stress.

In her book are two helpful charts, The Energy Points Chart: shows specific locations on the body in which you use in conjunction with The Tapping Points Connections Chart: where to do your tapping. There is also a place for Journal Work and Notes. This is where you answer questions or complete statements on forgiveness: “I forgive my mind for thinking unproductive thoughts about my life... I forgive myself for believing my life is a mess... I forgive my mind for thinking my mother was more loving to my sister/brother than she was toward me.” You can create your questions or statements that apply to yourself or situation.

“Whether you consider yourself religious, spiritual, somewhere in between...your relationship with your Source... impacts...affects every relationship in your life, including the relationship you have with yourself.” This statement, in my opinion, tends to be true. Your faith or non-faith has a great impact in the way you interact with others.

Ms. Vanzant ends her book with a final act: “Forgiveness Letters: The purpose of these letters is to provide you with yet another opportunity to clear your mind and heart of any lingering toxic residue.” If I were to sit down and write forgiveness letters, I would be writing for approximately a week. While reading, I realized that many issues and past situations had resurfaced. I recommend this book-workbook-journal be read by all, including women, men and teenagers. It will help cleanse the soul.

(I received this book free from Hay House Publishing for review purposes only)

Marla says

I received this book from Goodreads First Reads in exchange for an honest review. I am only halfway through just reading through it and I can already tell that this will help tremendously with my anger issues. Coming from a childhood of multiple, sexual, physical, and emotional abuse I have LOTS of anger issues that I have worked on my entire life. Yet I still hold on to grudges. I may have to go through the workbook more than once but I have already begun work on forgiving myself first. I love the format of the book, and have looked into tapping and acupressure in the past. Combining tapping will, I believe, cement the lesson as any behavioral therapy does. Thank you so much for this book, it will change my life!

Lisa Niver says

Reading this book helped me to think in new ways about Forgiveness. I was not really interested in the tapping parts of the book but appreciated the reframe on forgiving. This book inspired me to write an article:

DO YOU LOVE YOUR MONEY?

While reading *Money: A Love Story* by Kate Northrup, I really thought about my relationship to my finances. I did not think my money needed love or attention but she says it is time to take "responsibility for our money, our stories and our lives." Although I have always felt in charge of my working life, I have ignored my IRAs and retirement accounts.

When I was home recently after being away for over a year, I did open all the mail from various banks and institutions and put it in a pile, but did not actually read any of it. A month later, I received a letter that due to non-response, one of my accounts had been moved. I realized it was time to act. I counted up and realized I had eight separate retirement accounts at five different locations. As Northrup would say, I needed a date with my money.

After each job move and sabbatical, I considered consolidating the accounts, but it seemed challenging or was not my priority. However, when I wanted enough money to travel, I was able to create an additional income stream and save in order to get what I wanted. I agree with Northrup that when we say: "I can't afford that," it's not about the money. If you really wanted it, you would figure out a way to get it. If it were that VALUABLE to you, you would make it happen." So, I decided having my accounts in one place was important and I spent the better part of three days making calls, filling out forms and getting organized.

I nearly felt that I would need to go back to school and join my friend, Nancy, at her new business management courses in order to manage it all. But every single time I got frustrated, I simply picked up the phone and asked for help. As I worked through all the accounts, it became fun as I realized I had over three times the amount I had originally figured. Northrup says, "If you can't see your value, the world doesn't give value back." The more attention I paid to my money, the more I was discovering! I even found \$200 in cash in my own wallet!

I realized I did not need to go back to school, I simply needed to focus. In *Forgiveness: 21 Days to Forgive Everyone for Everything* by Iyala Vanzant, she says that: "Life follows the energy of our focus and faith." I chose to put my energy into getting organized and suddenly it was simple, fun and I had all the help I needed.

Vanzant continues: "It is always so much easier to blame someone else rather than accepting responsibility for your experiences. Whether it is a breakdown in a relationship or a lack of financial substance or a failure to fulfill a dream or goal, there must be 'someone' to blame."

At first when I tried to get my money organized, I complained that it was too complicated or I did not have time. I blamed the companies for not helping me enough. I realized that I did not need to blame anyone, I just asked for help and did the task one step at a time.

The process is ongoing as there will be more hoops to jump through before all my money arrives at my favorite institution. I am content that my recent date with my money went so well and plan to organize more moments in the future to focus on what is valuable to me.

About the Author: Lisa Niver Rajna is a passionate writer, speaker and global citizen who has traveled to over one hundred countries and six continents. She and her husband, George, co-authors of *Traveling in Sin*, have been on the road since July 2012, follow their journey at [We Said Go Travel](#).

This article first appeared on the [Huffington Post](#):

Dana says

I won this book through the Goodreads' giveaway program. I liked that the book was small and separated into 21 chapters, so that this book was a daily devotional. I liked the format of it, which included the author's personal background, stories of others, and workbook type tests for the reader to do to achieve forgiveness. There were some really good points made in the book that could help anyone be a bit more introspective. Each chapter was devoted to forgiving a different person or situation, so I could see that anyone might appreciate at least one chapter. This is a book that I would continue to pick up once in a while to recall the techniques to help move on from a difficult situation. It was a bit spiritual, but that aspect of the book was not overwhelming. The book also came with a cd, making it easy to move through the 21 stages while driving to work. I liked it!

Kerri says

I received this book as a first reads winner and I am so happy I did. The book takes you through a 21 day Forgiveness practice by journaling, reading, meditating and Energy Tapping. There is a free CD with the book that is the perfect complement to the book. I found the techniques and personal stories from the author to be very helpful in assisting me with assessing my experiences and reconciling them. I think this is a great tool to use on your quest for peace that only comes with forgiveness.

Katie says

Beautiful, as are the rest of Ms. Vanzant's books. Be prepared to take an extremely hard look at yourself. This is NOT a fast read. You will need to spend time in thought and reflection in order to get all of the benefits of this book.

Oh yea - and Kleenex. You'll need lots of Kleenex because you'll cry. A lot.

Diane says

Well. I finished reading through without doing the work so I can't speak to the effectiveness of this process.

I do think this could be very helpful to some people. I'm not clear that it is a process that I am comfortable with yet. And I wouldn't talk about it in any case. Just reading brought to the surface a few things I was not even aware of. I haven't decided if that is good or not.

However, I can say that if you are a believer in God it will make the process easier for you. It does say that if you're someone who is unsure of your beliefs and/or prefer to go with higher power, or some other deity, it can still apply, but I don't think it is as simple as that. I have questions and doubts and the attempt to proceed as such did not really flow well with me. I'm pretty sure I'm going to give it a go anyway. The book is by a

believer and, I believe, will be best suited for same. It's a personal thing so each person will feel differently.

I do recommend this to anyone. You may not even know you need it (to forgive; not forget) for your own good health.

I'm giving it 3 stars for now because I do like the premise of it and I hope more people can learn how to forgive, for their own sake.

Teesa says

So grateful for receiving this as a Goodreads First Look selection for review! It will remain a valuable book in my collection because it is now available to someone who needs it's message.

I would enthusiastically recommend this book to anyone struggling with strong feelings from the past that remain in your conscious being far too long. Life's too short to be in any kind of pain. The most exciting part was the "Tapping into Forgiveness". I've used E.F.T. in the past with great success for digestive issues so I can recommend it for any emotional pain. So pick this up, borrow from the library and start where you are. Thank you Iyanla for putting together a great resource and those who put this book in my hands. Namaste.
