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If Only: Letting Go of Regret

Michelle Van Loon



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If Only: Letting Go of Regret Michelle Van Loon

The relationship that didn't work out. The medical decision that led to negative consequences. The career choice that didn't turn out the way it was planned. Regret. It can imprison us in the past, deplete our present, and disable our future. A seemingly endless loop of 'if onlys' wears deep ruts in the souls of those with unresolved regret as we attempt to overwrite our mistakes and poor choices. If Only: Letting Go of Regret will help readers acceptGod's healing as they learn to let go of the 'woulda, coulda, shoulda' thoughts in life. Find out how Christ can redeem our regrets for his glory and our good. In him, past regrets can be transformed into present wisdom and a flourishing, free future.

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