

I wish/If only + Past Tense – wish about the present

Use it to express regret about the present situation.

Ex:

I wish we were on holiday. (But we are not. We have to work.)

If only it weren't so hot. (But it's scorching.)



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I wish/If only + would – wish about the future

Use it to express a wish for a change in the future.

Ex:

I wish it would stop raining.

I wish you would pass that test.

If only my neighbours would stop yelling at each other.

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I wish/If only + Past Perfect – regret about the past

Use it to express regret about the past.

Ex:

If only I had passed the test.

I wish I had been a better student.

I wish we hadn't polluted our planet.

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Past Regret

Bronnie Ware



Past Regret:

Top Five Regrets of the Dying Bronnie Ware, 2019-08-13 Revised edition of the best selling memoir that has been read by over a million people worldwide with translations in 29 languages After too many years of unfulfilling work Bronnie Ware began searching for a job with heart Despite having no formal qualifications or previous experience in the field she found herself working in palliative care During the time she spent tending to those who were dying Bronnie's life was transformed Later she wrote an Internet blog post outlining the most common regrets that the people she had cared for had expressed The post gained so much momentum that it was viewed by more than three million readers worldwide in its first year At the request of many Bronnie subsequently wrote a book The Top Five Regrets of the Dying to share her story Bronnie has had a colourful and diverse life By applying the lessons of those nearing their death to her own life she developed an understanding that it is possible for everyone if we make the right choices to die with peace of mind In this revised edition of the best selling memoir that has been read by over a million people worldwide with translations in 29 languages Bronnie expresses how significant these regrets are and how we can positively address these issues while we still have the time The Top Five Regrets of the Dying gives hope for a better world It is a courageous life changing book that will leave you feeling more compassionate and inspired to live the life you are truly here to live

The Power of Regret Daniel H. Pink, 2022-02-01 The world needs this book New York Times bestselling author Bren Brown An instant New York Times bestseller Named a Best Book of the Year by NPR and Financial Times From the 1 New York Times bestselling author of When and Drive a new book about the transforming power of our most misunderstood yet potentially most valuable emotion regret Everybody has regrets Daniel H Pink explains in The Power of Regret They're a universal and healthy part of being human And understanding how regret works can help us make smarter decisions perform better at work and school and bring greater meaning to our lives Drawing on research in social psychology neuroscience and biology Pink debunks the myth of the no regrets philosophy of life And using the largest sampling of American attitudes about regret ever conducted as well as his own World Regret Survey which has collected regrets from more than 15 000 people in 105 countries he lays out the four core regrets that each of us has These deep regrets offer compelling insights into how we live and how we can find a better path forward As he did in his bestsellers Drive When and A Whole New Mind Pink lays out a dynamic new way of thinking about regret and frames his ideas in ways that are clear accessible and pragmatic Packed with true stories of people's regrets as well as practical takeaways for reimagining regret as a positive force The Power of Regret shows how we can live richer more engaged lives

Getting Past Your Past Susan Wilkinson, 2013-12-04 Often Christians feel saved from the ultimate penalty for their sins but not from the persistent pain of regret The long lasting consequences of bad decisions leave many feeling perpetually out of God's will and unable to move forward into freedom and productivity Getting Past Your Past is the antidote to the kind of regret that can stall us spiritually and bind us up in emotional pain Susan Wilkinson lights a clear path out of this prison with

six steps including understanding and truly embracing grace learning to forego secrets and live authentically and grieving old dreams and dreaming new ones This wise heartfelt book offers strong spiritual and emotional resolution of regret by focusing on the sovereignty and unmerited kindness of God who alone can restore the peace we've sometimes lost **No Regrets** Hamilton Beazley, 2004-01-02 At last freedom from burdensome regrets Everyone has regrets But not everyone can overcome them even when they interfere with the enjoyment of life With this book as your guide you'll learn how to let go of past mistakes lost opportunities and failed expectations to live richly in a present filled with hope and new possibilities This wise compassionate and practical guide offers profound insights into the nature of regrets and how to overcome them Grounded in proven psychotherapeutic and spiritual principles No Regrets brings together the insights of mental health professionals spiritual teachers and self help experts In No Regrets you'll find A structured ten step program for letting go of burdensome regrets Powerful spiritual and psychological tools for overcoming regret including creative visualization journaling affirmations thought analysis meditation and sharing with others Insights into toxic thought patterns that create and support regrets Persistent myths about forgiveness that keep us trapped in our regrets Inspiring stories of people who have freed themselves from regret No Regrets will show you a way out of the pain guilt and shame of the past and how to create a rich and rewarding life in the present Hamilton Beazley has the distinct ability to understand the most complex inner workings of the human spirit and mind No Regrets is destined to take its place alongside the other great self help guides of our time Howard J Shaffer Ph D Associate Professor and Director Division on Addictions Harvard Medical School *The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia* Drew Linsalata, 2020-06-10 You're anxious all the time experiencing panic attacks over and over and maybe afraid to leave your house or to be left alone for even a few minutes You are avoiding simple things like driving eating in restaurants attending family functions or going to the supermarket You are terrified of the next wave of anxiety or the next panic attack Your anxiety problems are ruining your relationships your family life and your career Your anxiety problems have you afraid confused lost and feeling hopeless How did you get here What went wrong You've tried so many things but nothing has cured your anxiety What can you do now The Anxious Truth is a step by step guide to understanding and overcoming the anxiety problems that have plagued you for so long This book written by a former anxiety sufferer best selling author of An Anxiety Story and host of the The Anxious Truth podcast will walk you through exactly how you got to where you are today why you are not broken or ill and what the true nature of your anxiety disorder is Next the book will walk you through what it takes to solve your anxiety problems how to make an anxiety recovery plan then how to correctly execute that plan The Anxious Truth isn't always what you want to hear but it's what you NEED to hear in order to solve this problem once and for all and move toward the life you so desperately want Based firmly on the principles of cognitive behavioral therapies that have been shown over decades to be most effective in treating anxiety problems the Anxious Truth will teach you how to move past your

anxiety symptoms past endless digging for hidden root causes and into an action oriented plan that will help your brain unlearn the bad reaction and fear habits that have gotten you into this predicament The Anxious Truth will take the cognitive mechanism that got you into a corner throw it in reverse and use it to your advantage backing you out of this jam and into a life free from irrational fear and needless avoidance More than just a book The Anxious Truth goes hand in hand with The Anxious Truth podcast <https://theanxioustruth.com> and the growing and vibrant social media community surrounding it Read the book listen to five years worth of free podcasts chock full of helpful advice and information and join a large online community of fellow anxiety sufferers that are done talking about this problem and ready to actually take action to solve it Change is possible No matter how long you've suffered with your anxiety issues you can get better The Anxious Truth will tell you what you need to hear and will arm you with the information understanding and skills you need to get the job done Let's do this together

PAST Anki Jain, 2024-12-10 Have you ever found yourself caught in a loop replaying the past in your mind Perhaps you're haunted by a painful memory clinging to the glory of a bygone era or wrestling with the fear of repeating mistakes It's a familiar human experience the pull of the past the weight of yesterday In a world that constantly demands we look forward it can be challenging to truly let go of the past We hold on to memories both good and bad believing they define who we are Yet the past is a river forever flowing and our attachment to its currents can leave us stranded in the present unable to fully embrace the possibilities that lie ahead *PAST* Living in the Yesters delves into the complexities of this human experience It recognizes the influence of our past on our present but it also presents a powerful message of liberation We are not bound by the past nor defined by it We have the power to rewrite our narratives release the burdens of yesterday and create a future that is brighter and more fulfilling than we ever imagined Throughout this book we'll embark on a journey of self discovery We'll explore the intricate web of memories that shape our lives learn to recognize the subtle ways the past can limit us and discover the profound power of embracing the present moment We'll uncover the roots of regret the fear of change and the allure of nostalgia and we'll learn to navigate these complexities with grace and wisdom Through relatable stories of Indian characters we'll examine the unique challenges of navigating cultural norms and personal growth within a society steeped in tradition We'll see how the weight of past experiences from societal expectations to personal failures can shape our perceptions and influence our choices But this book is not just about acknowledging the past It's about reclaiming the present We'll discover the transformative power of mindfulness learn the art of forgiveness and unlock the secrets of building resilience Through practical exercises and inspiring stories we'll equip ourselves with the tools and strategies to navigate the complexities of life embrace change and create a future that is truly our own So dear reader are you ready to embark on this journey Are you ready to release the burdens of the past and step into the liberating embrace of the present moment I invite you to open your heart turn the page and let the journey begin

The View from Here R. Jay

Wallace, 2018-02-06 Must we always later regret actions that were wrong for us to perform at the time Can there ever be

good reason to affirm things in the past that we know were unfortunate In this original work of moral philosophy R Jay Wallace shows that the standpoint from which we look back on our lives is shaped by our present attachments to persons to the projects that imbue our lives with meaning and to life itself Through a distinctive affirmation dynamic these attachments commit us to affirming the necessary conditions of their objects The result is that we are sometimes unable to regret events and circumstances that were originally unjustified or otherwise somehow objectionable Wallace traces these themes through a range of examples A teenage girl makes an ill advised decision to conceive a child but her love for the child once it has been born makes it impossible for her to regret that earlier decision The painter Paul Gauguin abandons his family to pursue his true artistic calling and eventual life project in Tahiti which means he cannot truly regret his abdication of familial responsibility The View from Here offers new interpretations of these classic cases challenging their treatment by Bernard Williams and others Another example is the bourgeois predicament we are committed to affirming the regrettable social inequalities that make possible the expensive activities that give our lives meaning Generalizing from such situations Wallace defends the view that our attachments inevitably commit us to affirming historical conditions that we cannot regard as worthy of being affirmed a modest form of nihilism

The Psychology of Thinking about the Future Gabriele Oettingen,A. Timur Sevincer,Peter M. Gollwitzer,2018-03-08 Why do people spend so much time thinking about the future imagining scenarios that may never occur and making often unrealistic predictions This volume brings together leading researchers from multiple psychological subdisciplines to explore the central role of future thinking in human behavior across the lifespan It presents cutting edge work on the mechanisms involved in visualizing predicting and planning for the future Implications are explored for such important domains as well being and mental health academic and job performance ethical decision making and financial behavior Throughout chapters highlight effective self regulation strategies that help people pursue and realize their short and long term goals

How to Break the Cycle of Overthinking and Regret: The Mental Hacks That Create Instant Clarity and Confidence Silas Mary,2025-02-26 Overthinking is a productivity killer and often leaves us paralyzed second guessing our decisions and dwelling on past mistakes How to Break the Cycle of Overthinking and Regret gives you the mental hacks you need to break free from the cycle of doubt and confusion In this book you ll learn how to silence your overactive mind and replace indecision with confidence and clarity Through practical strategies like mindfulness cognitive reframing and decision making frameworks you ll learn how to regain control of your thoughts and act with conviction The book also delves into how to let go of past regrets and move forward with a clear focused mind Whether you re struggling with decision fatigue constantly replaying past mistakes or simply looking for ways to stay focused on your goals this book will help you break free from overthinking and move forward with clarity and confidence

Galveston Nic Pizzolatto,2011-06-14 After being diagnosed with lung cancer Roy Cady kills the men hired by his loan shark boss to kill him and flees to Galveston Texas with a prostitute and her young sister where they face more problems

Regret Paddy

McQueen,2024 Philosopher Paddy McQueen provides a detailed examination of the nature of regret and its role in decision making Additionally he explores how experiences of regret are shaped by social discourses especially those about gender and parenthood **Regret** Salman Akhtar,Shahrazad Siassi,2018-05-08 This book is devoted to the developmental substrate of regret and of its vicissitudes over the life span It deals with fiction poetry and movies pertaining to regret The book elucidates the psychopathological dimension of ego restriction associated with regret **Regret** Janet Landman,1993 Drawing from psychology economics philosophy anthropology and classic works of literature Landman provides an insightful anatomy of regret what it is how you experience it and how it changes you At best regret is a dynamic changing process one can transcend regret and thus transform the self *Things I wish I knew sooner* Dennis Schjødt Hansen,2024-06-04 The book is a reflective and insightful exploration of life's lessons learned through a journey of personal experiences and growth This book is a compilation of chapters each delving into different aspects of life and offering wisdom that the author wishes they had known earlier The book begins with discussing the importance of Budgeting and Saving Money emphasizing financial literacy as a cornerstone for future stability It then moves to Understanding Credit and Managing Debt highlighting the necessity of wise financial decisions Investing Basics and the Compound Effect teaches the power of early investment while Building Healthy Relationships focuses on the emotional aspect of life stressing the significance of nurturing positive connections Chapters like Don't Look for Love Balancing Personal and Professional Life Prioritizing Mental and Emotional Well being Coping with Stress and Burnout and Seeking Help When Needed underscore the importance of self care mental health and seeking support in life's challenging moments The book also delves into personal development through chapters like Setting Goals and Creating a Roadmap Embracing Failure Avoiding Procrastination and Establishing Healthy Habits These sections underscore the importance of goal setting learning from mistakes taking immediate action and developing a healthy lifestyle for long term success In chapters about Advocating for Oneself Celebrating Small Victories Managing Emotions Interpersonal Skills and Mindful Technology Use the focus shifts to self advocacy appreciating life's small wins emotional intelligence effective communication and balanced technology use The book concludes with a series of profound insights on topics such as Overcoming the Fear of Failure Avoiding Impulsive Choices Pursuing Education Beyond Schooling Staying Curious Living a Purposeful Life and Letting Go of What You Can't Control These chapters are designed to empower the reader to face fears make informed decisions embrace lifelong learning find purpose and release control over the uncontrollable aspects of life Overall Things I Wish I Knew sooner serves as a guide to navigating the complexities of life with wisdom resilience and a deeper understanding of oneself and the world Its a book not just about surviving life's journey but thriving through it with awareness and fulfillment *The Subtlety of Emotions* Aaron Ben-Ze'Ev,2001-08-24 An informal yet rigorous exploration of human emotions in all their complexity and subtlety Why do we cry at the movies What is the best way to manage destructive feelings such as jealousy Although emotions pervade our lives their nature causes and effects

have only recently been studied by social scientists and philosophers Despite growing scientific interest in the subject empirical findings have not yet caught up with our intuitive knowledge In this book Aaron Ben Ze'ev carries out what he calls a careful search for general patterns in the primeval jungle of emotions In an engaging informal style he draws on a variety of theoretical approaches and popular sources to produce a coherent account of emotions in all their subtlety All of the ideas are illustrated with examples drawn from everyday life The book is organized into two parts The first presents an overall conceptual framework for understanding emotions It looks at the typical characteristics and components of emotions distinguishes emotions from other affective phenomena classifies the emotions and covers such related issues as emotional intelligence regulating emotions and emotions and morality The second part discusses individual emotions including envy jealousy pleasure in others misfortune pity compassion anger hate disgust love sexual desire happiness sadness pride regret and shame The text is laced with insightful and often amusing quotations from sources ranging from Mae West to Montesquieu

The Moral Psychology of Regret Anna Gotlib, 2019-10-21 The Moral Psychology of Regret assembles scholars from several disciplines including philosophy gender studies disability studies law and neuroscience to present regret not merely as a feeling or affect but as an emotion of great moral significance that underwrites how we understand ourselves and each other

Regret and Acceptance Rohan Singh, AI, 2025-03-03 Regret and Acceptance explores the complex emotions surrounding regret offering a path toward healing through the combined lenses of psychology and Christian teachings It delves into why regret can be so debilitating examining cognitive biases and emotional processes that contribute to feelings of guilt and remorse This book uniquely integrates the principles of Christian forgiveness drawing from Jesus teachings with practical techniques from Cognitive Behavioral Therapy CBT to foster acceptance and spiritual well being The book progresses by first defining regret and its psychological impacts then moves into the Christian theology of forgiveness followed by an exploration of Cognitive Behavioral Therapy CBT It demonstrates how CBT techniques such as cognitive restructuring can be used to implement forgiveness and promote acceptance Ultimately Regret and Acceptance provides actionable strategies and exercises for applying these principles in daily life aiming to improve mental health and foster a more positive outlook

Often I Am Happy Jens Christian Grøndahl, 2017-08-29 A compassionate and often edifying commentary on the elasticity of love the strength it takes to move forward after a death and the power of forgiveness Publishers Weekly When Ellinor addresses her best friend Anna she does not expect a reply Anna has been dead for forty years killed in the same skiing accident that claimed Henning Ellinor's first husband and Anna's lover Ellinor instead tells her that Georg has died Georg who was once Anna's but whom Ellinor came to love in her place and whom she came to care for along with Anna's two infant sons Yet with Georg's death Ellinor finds herself able to cut the ties of her assumed life with surprising ease Returning to the area of Copenhagen where she grew up away from the adopted comfort of the home she shared with Georg Ellinor finds herself addressing her own history her marriage to Henning their seemingly charmed

friendship with the newly wed Anna and Georg right back to her own mother s story a story of heartbreaking pride Because there are some secrets both our own and of others that we can only share with the dead Secrets that nonetheless shape who we are and who we love *The Mind Illuminated* John Yates,Matthew Immergut,Jeremy Graves,2017-01-03 The Mind Illuminated is the first how to meditation guide from a neuroscientist who is also an acclaimed meditation master This innovative book offers a 10 stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits of mindfulness Dr John Yates offers a new and fascinating model of how the mind works including steps to overcome mind wandering and dullness extending your attention span while meditating and subduing subtle distractions This groundbreaking manual provides illustrations and charts to help you work through each stage of the process offering tools that work across all types of meditation practices Let Go of the Past and Start Having a Blast! Bob Wosczyk,2015-11-15

Past Regret: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. Past Regret : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Past Regret : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

<https://now.acs.org/data/browse/default.aspx/poganuc%20people.pdf>

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