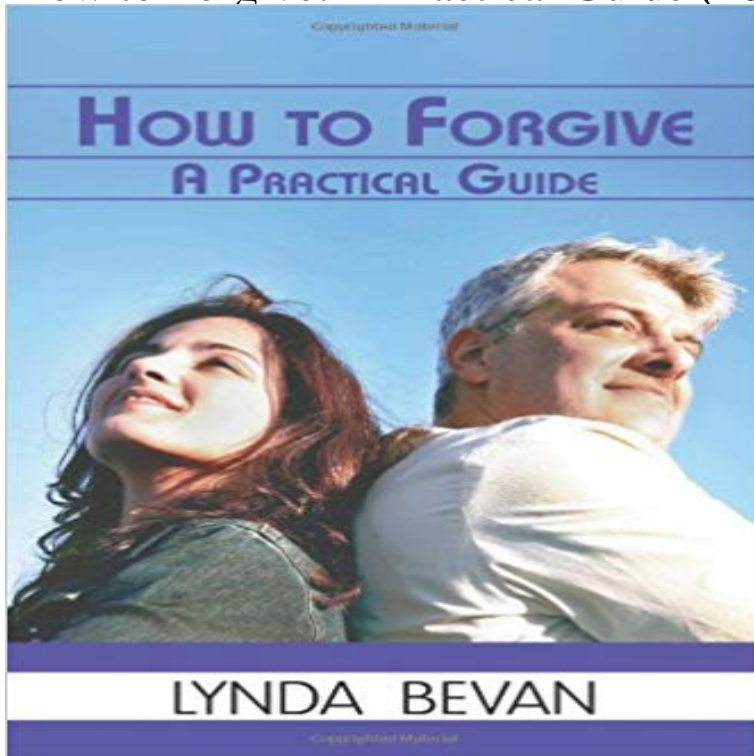


How to Forgive: A Practical Guide (10-Step Empowerment)



Ask yourself: Do you believe that the other person is responsible for how you feel? Do their actions seem like a complete mystery? Are you ready to stop feeling angry or upset? Do you still feel hurt or sad? Are you ready to re-build the trust within this relationship? Have you made the decision to forgive? Are you haunted by something you said or did to another? If you answered YES to more than one of these questions, then this book is for you! How To Forgive will assist you in unraveling the past and help you to let go of the feelings which are holding you back. Forgiveness is a choice, but to forgive is not always easy. In fact, many people who would like to let go of anger and forgive are stumped with the question of how to forgive. This step-by-step guide will help you acknowledge your emotions and deal with the issues those emotions identify. Lynda Bevan offers an important contribution to the clarification of this emotionally loaded term: forgiveness. She offers a taxonomy of misdeeds and issues that require forgiveness and then proceeds with guidance on how to tackle and defuse these situations and even turn them around in ones favor. Bevan thus transforms forgiveness from a mere ethical or moral requirement to a pragmatic approach to the management of anger, pain, and abuse. I have rarely encountered so much useful content packed into so little a space: this book is a veritable energy drink! --Sam Vaknin, author of Malignant Self Love: Narcissism Revisited By the author of the #1 Bestseller: Life Without Jealousy Book #5 in the 10-Step Empowerment Series -- Learn more at www.LyndaBevan.com Self-Help: Abuse - General

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