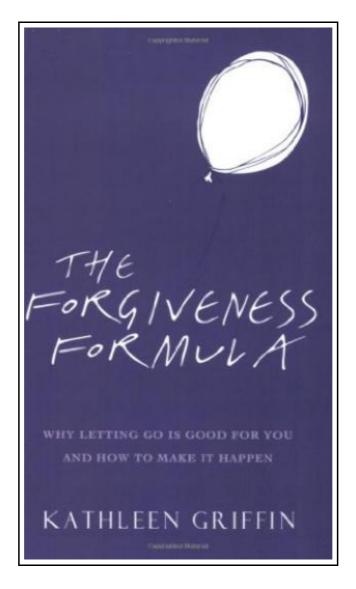
# The Forgiveness Formula: Why Letting Go is Good for You and How to Make it Happen



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### Reviews

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(Lavina Torp)

## THE FORGIVENESS FORMULA: WHY LETTING GO IS GOOD FOR YOU AND HOW TO MAKE IT HAPPEN



Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Forgiveness Formula: Why Letting Go is Good for You and How to Make it Happen, Kathleen Griffin, 'If we practise an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless' GHANDI We all have people we need to forgive. We all have someone who has done us real wrong, maybe a parent, lover or friend. They may be long dead or very much alive. But until we learn to forgive them, the pain they caused us sits heavily in our heart. Not letting go does more damage than we'd think. THE FORGIVENESS FORMULA is a practical and innovative approach to confronting and letting go of the pain and anger caused by trauma and betrayal in our lives. By showing you what happens when you don't forgive and taking you step-by-step through the process, Kathleen Griffin helps you re-map your world, finding a new freedom and lightness. She discusses the place of restitution and justice in forgiving, the importance of forgiving and remembering, and, perhaps most importantly, how we must learn to forgive ourselves. THE FORGIVENESS FORMULA provides the vital framework to creating a more fulfilling, liberated and empowered way to live your life. Your past does not have to define your future.

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