

***Forgive And Forget Healing The Hurts We Dont Deserve Lewis B
Smedes***

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Forgive and Forget: Healing the Hurts We Don't Deserve. In Forgive & Forget, Lewis B. Smedes show you how to move from hurting and hating to healing and reconciliation. With the lessons of forgiveness, you can establish healthier relationships, reclaim the happiness that should be yours, and achieve lasting peace of mind.

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For all of us who have been wounded by another and struggled to understand and move beyond our feelings of hurt and anger, Lewis Smedes's classic book on forgiveness shows that it is possible to heal our pain and find room in our hearts to forgive.

Forgive and Forget - Lewis B. Smedes - Paperback

But in 1984, when Lewis B. Smedes, an influential Christian theologian, published a book called Forgive and Forget: Healing the Hurts We Don't Deserve (\$14, amazon.com), secular therapists and researchers took note. Smedes wrote about forgiving not as a blessing you could confer upon those who had hurt you but rather as a way to heal your own pain.

How to Forgive and Forget - Real Simple

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Forgive and Forget is dedicated to helping us stand back up, dust ourselves off and give our days a

fighting chance of hope, healing, and meaning. "Our real journey in life is interior; it is a matter of growth, deepening, and of an even greater surrender to the creative action of love and grace in our hearts."

Forgive & Forget: A Caregiver's Resource for Dementia

"You do not have to forget after you forgive; you may, but your forgiving can be sincere even if you remember," p. 49. 2. Excusing is not forgiving. "You do not excuse people by forgiving them; you forgive them at all only because you hold them to account and refuse to excuse them," p. 49. 3. Forgiving is not the same as smothering ...

Book Summary: Forgive and Forget - Erik Reads And Writes

Get this from a library! Forgive and forget : healing the hurts we don't deserve. [Lewis B Smedes] -- Explains and guides the reader step by step through the four stages of forgiveness: hurting, hating, healing, and reconciliation ; provides solid help for freeing ourselves from the burden of hurts ...

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