



Forgiving and Reconciling: Finding Our Way Through Cultural Challenges

By Everett L Worthington Jr.

InterVarsity Press, 2003. Paperback. Book Condition: New. Revised ed.. 224 x 152 mm. Language: English . Brand New Book. A 2003 Templeton Foundation Book of Distinction! All of us have suffered painful emotional and relational hurts. God calls us to forgive those who have hurt us, but that's often easier said than done. We don't usually know how to forgive others, nor are we always sure if we have truly forgiven them. Psychologist and counselor Everett L. Worthington Jr., the leading Christian researcher on forgiveness, says that forgiving is a gift we give to others. When we offer forgiveness to others as an altruistic gift, it is more effective than when we forgive only for our own benefit in an effort to get over the hurt. True forgiveness is accomplished through a careful process of understanding both the offense and the offender and taking active steps to forgiveness. In this insightful and practical book, Worthington provides a wealth of clinically proven tools and exercises for moving toward forgiveness. Worthington's expertise comes not only from years of scientific research but also from the experience of the brutal murder of his own mother. His convictions were put to the...



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