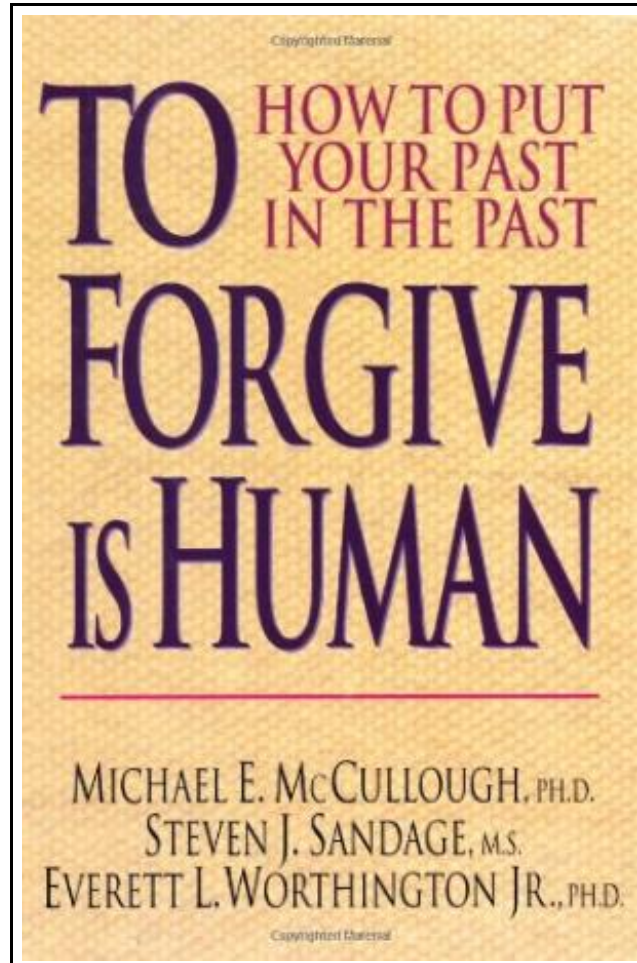


To Forgive Is Human: How to Put Your Past in the Past



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

TO FORGIVE IS HUMAN: HOW TO PUT YOUR PAST IN THE PAST



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IVP Books. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.7in. x 5.9in. x 0.7in. Forgiving can be one of the hardest things you'll ever do. Perhaps you sense deep down that it will be good for you and others to put the past in the past. But sometimes no matter what you do, you just can't seem to forgive and get on with life. You still feel hurt, bitter and angry. How can you break the cycle? Grounding their analysis and advice in the latest psychological research, the authors of *To Forgive Is Human* reveal how you can forgive and begin to repair broken relationships. Inside you'll discover why, when you forgive, it sometimes doesn't last what you can learn about forgiveness from the latest brain research why you can't forgive by forgetting why simply deciding to forgive often doesn't do the trick how memory research can help you actually change your memories what it means to forgive yourself how to balance justice and mercy how children can learn to forgive how you can gain empathy for those who have hurt you Life is messy. Relationships are messy. And forgiveness is messy. But with this complete book on forgiveness, you can learn how to move ahead positively and constructively in ways you may never have thought possible. To err may be human, but so is to forgive. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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