

Let It Go Forgive

When a Woman Chooses to Forgive
How Can I Forgive You?
Let It Go
The Gift of Forgiveness
Forgive, Let Go, and Live
Finding Forgiveness
The Let Go!
When Should Law Forgive?
The Shack
Beyond Divorce
Why? because You're Anointed
Woman, Thou Art Loosed!
Daily Spiritual Tools, Learning to Forgive and Let Go
Forgive for Good
Before You Do
Mindful Anger: A Pathway to Emotional Freedom
Memoirs of an Ordinary Pastor
Let Go
Let It Go for Your Sake!
The Forgive Process
Forgive and Let Go
Reposition Yourself
The Forgiveness Book
Letting Go: How To Forgive & Transform Your Life
Forgive and Let Go!
Forgive and Let Go
Forgiveness Is a Choice
Tuesdays with Morrie
I've Been Thinking . . .
Let It Go
How to Forgive Someone Who Hurt You
The Book of Forgiving
Wisdom from T.D. Jakes
Let It Go Workbook
Identity
Dare to Forgive
Making Great Decisions
Do Yourself a Favor
Forgive
Forgive, Let Go, and Live
Radical Forgiveness

When a Woman Chooses to Forgive

"When his wife and two of his children were killed in a drunk-driving accident, Chris Williams made the most important decision of his life"--Provided by publisher.

How Can I Forgive You?

Let go of resentment, hatred, and anger. Be free to participate in the now. This book includes an exercise to start fresh with yourself and others as well as practices designed to clear out negativity and keep you in your bliss. Break out of old patterns, clean up your thoughts, and start living an empowered life all with this one little guide.

Let It Go

Based on scientific research, this groundbreaking study from the frontiers of psychology and medicine offers startling new insight into the healing powers and medical benefits of forgiveness. Through vivid examples (including his work with victims from both sides of Northern Ireland's civil war), Dr. Fred Luskin offers a proven nine-step forgiveness method that makes it possible to move beyond being a victim to a life of improved health and contentment.

The Gift of Forgiveness

Beyond Divorced received the 2014 Independent Publisher's Award (IPPY) for excellence. Beyond Divorce helps people

every day to overcome the pain and turmoil of divorce and get back to a happy life again. With exercises, tips, tools, personal stories and insight gleaned from decades of experience, Jeannine Lee leads readers through the emotional landmine that is divorce and onto a path of safety and self-discovery. This path can, and often does lead to a more authentic version of self and an enlarged capacity to do life well.

Forgive, Let Go, and Live

The world consists of 7.5 billion people. I can ensure most of them have been faced with a challenge that has impacted their emotional, spiritual, and/or physical well-being in some way. Trauma and pain have the ability to disrupt how people move in their lives and the way in which they foster relationships. As a result of various experiences, individuals find it difficult at times to let go and move forward causing them to harbor the inability to forgive and free themselves from the pain of their past. In this book, two women, Alicia and Sharon, are going to share their experiences and provide some encouragement and support in moving forward emotionally and spiritually. This book is filled with stories, personal experiences, transparency, and biblical examples to influence your next steps. This book is not going to solve your problems, but it is going to provide the encouragement for you to pivot, change your thought process and begin the work towards healing, forgiveness, and wholeness.

Finding Forgiveness

In his new book *Before You Do*, bestselling author Bishop T.D. Jakes turns his attention from repositioning yourself for a life without limits to cultivating relationships in the best way possible with the most important people in your life: parents, children, spouses and others who are your most beloved and in need of your support. As one of America's most trusted advisors, counsellors, and pastors, Jakes teaches us what to do before we: propose marriage; consider divorce; send our children off to school; put our elders into assisted living situations or other treatment facilities, and so many more major steps each of us are faced with taking at some point in life. He uses the lessons he has learned from his own marriage and family life as well as others to encourage and inspire people to give and receive the greatest love possible.

The Let Go!

Discover Your True Purpose in Life You have been uniquely created by God... to fulfill your divine purpose! In a day where so many people are frustrated, looking in different places to discover their life purpose and true meaning, you have the answer. Look no further than who you are! In *Identity*, TD Jakes reminds you that the key to finding your purpose is rediscovering the person you were made to be! Learn how to: Prepare for destiny-defining moments that push you into new

realms of supernatural living Resist everyday enemies that distract you from finding your identity in Christ and accomplishing your dreams See the greater picture of your purpose—your role in a plan that is bigger than your life and will outlive you Locate your places of deposit and invest into people, purposes and places that are instrumental in advancing your destiny Stop searching for purpose... and begin your life-changing journey to discovering your true identity and calling today!

When Should Law Forgive?

T.D. Jakes offers readers of the New York Times bestseller *Before You Do*, now retitled *Making Great Decisions: For a Life Without Limits*, a collection of Scripture and quotes that provides the spiritual underpinnings of his message about applying Christian principles to making important choices that you'll be proud of for the rest of your life. *Before You Do*, the narrative book, uses wisdom collected from more than thirty years of Jakes's experience counseling and working with high-profile and everyday people through his ministry and numerous appearances on national television and radio. Relationship decisions come down to five crucial components, according to Bishop Jakes: Research: gathering information and collecting data Roadwork: removing obstacles and clearing the path Rewards: listing choices and imagining their consequences Revelation: narrowing your options and making your selection Rearview: looking back and adjusting as necessary to stay on course *Making Great Decisions Reflections* collects the words that ground *Before You Do* in biblical teachings, making this book an essential keepsake, to carry with you in moments when inspiration and encouragement are needed.

The Shack

A self-help guide to overcoming anger, resentment, and guilt, along with exercises and visualization techniques in order to put aside past experiences and embrace the power of love and forgiveness.

Beyond Divorce

Forgiveness is not turning the other cheek, it is not running away and it does not mean that you condone what someone has done, nor does it invite him or her to do it again. Forgiveness doesn't mean that you don't want an offender to be punished, it doesn't mean that you'll forget the offense, or that by forgiving you tacitly invite bad things to happen again. And forgiving doesn't mean you won't defend yourself or that you must love (or stop disliking) the person you are forgiving." In other words, forgiveness is not a sign of weakness but of strength. It's also healthy, brave, contagious, and sets you free. In this book, Dr. Hallowell not only explains why forgiveness is one of the best things you can do to heal your body and mind; he also offers a practical, four part plan for achieving it. True stories illustrate the power of forgiveness in

real lives, from a wife who forgives the hurtful words of her husband to a mother who forgives the man who kidnapped and murdered her daughter. Key Features Dr. Hallowell is a bestselling author with a strong track record. In this book, he returns to his core audience and subject matter. An exceptional platform for self-promotion, Dr. Hallowell speaks to 10,000 people each year at more than 70 conferences. His new view of forgiveness as a strength, and his unique 4-step plan for conquering feelings of anger and resentment, will appeal to a country trying to sort out feelings of vengeance and heartbreak.

Why? because You're Anointed

Take off your heavy bag of worries and learn to forgive, move on, and let go.

Woman, Thou Art Loosed!

Forgiveness is the science of the heart; a discipline of discovering all the ways of being that will extend your love to the world and discarding all the ways that will not. This is a book about growing up, becoming whole, connecting to others, and becoming comfortable in one's own skin. It is inspirational, healing, and programmatic. Miller explores the facts of forgiveness, including forgiving others, forgiving oneself, and the results of following the path of forgiveness. Also included is a section on forgiveness exercises (including journaling, making amends, and practicing patience). This is a broadly based spiritual and self-help book. Rooted in the philosophy of A Course in Miracles and drawing from other spiritual teachings (including Christianity, Sufism, Buddhism, the I Ching, and Jungian psychology), The Forgiveness Book is for those interested in spirituality, wholeness, and living a better and more fulfilling life.

Daily Spiritual Tools, Learning to Forgive and Let Go

Four years after his daughter was abducted and evidence of her murder was found in an abandoned shack, a man returns to the shack in response to a note claiming to be from God, and has a life-changing experience.

Forgive for Good

Are you experiencing God's great gift of a life lived in forgiveness? Does your heart know how to forgive someone when trust has been broken? And when your actions hurt others, do you seek forgiveness? Cheryl Brodersen, author of When a Woman Lets Go of the Lies and daughter of Calvary Chapel founder Pastor Chuck Smith, reveals the transformation you'll experience when you learn why and how to forgive someone. With inspiring stories, biblical teaching, and a compassionate

perspective, she explores: how to trust God's forgiveness why unforgiveness takes a toll on your body, spirit, and mind how anger and regret can be replaced by freedom and joy how grace transforms thoughts, choices, and relationships the breakthrough you need to forgive yourself, God, and others Discover the beauty of life without regrets and doubt. Choose to forgive and choose to move forward in the great adventure God has for you.

Before You Do

The bestselling author of non-fiction and fiction books and film, leader of a congregation of 30,000 members and a business empire, Bishop T.D. Jakes continues to teach and demonstrate ways to lead a prosperous and balanced life based on faith. *Reposition Yourself* teaches spiritual principles of prosperity and success. Bishop T.D. Jakes explains from a Christian point of view how to re-evaluate and reconstruct your attitudes about giving, sharing, and reaping the rewards of life - financial and otherwise. He encourages readers to give themselves permission to succeed, give in a spirit of love, practice the discipline to observe the principle of divine portion, and so much more that will lead to prosperity and fulfillment. Grounded solidly in Biblical teachings, *Reposition Yourself* shows readers themselves - their character and their circumstances - a way to apply the lessons of scripture in everyday professional and personal life.

Mindful Anger: A Pathway to Emotional Freedom

Why is forgiveness so hard? People who refuse to forgive often sabotage their future and create an emotional cancer that spreads into every other aspect of their lives. Even those who genuinely desire to forgive often struggle to get beyond their wounded emotions. In *Forgive, Let Go, and Live*, Deborah Pegues provides specific guidelines to help us better understand what forgiveness is and what it's not how to overcome seemingly unforgivable hurts when to restore, redefine, or release a hurtful relationship how it's possible to forgive without forgetting why learning how to forgive is a process Pegues showcases the triumphs of famous and everyday people as well as biblical characters who decided to pursue forgiveness and also the tragedies of those who chose to wallow in anger and revenge. If you've been wounded by another, this book will empower you to find joy, freedom, and peace as you let go of your desire to avenge the wrong and make a commitment to release the offender from his debt.

Memoirs of an Ordinary Pastor

Radical Forgiveness blows a breath of fresh life into a subject that has for too long been treated with undue sentimentality, not to mention hypocrisy & a good deal of license. The author gives us a particular version of forgiveness that is spiritually based *(though not religious), clear-cut, disciplined & practical---a process that we can use to bring greater happiness,

peace & joy into our lives.

Let Go

Only T.D. Jakes can wash over you with wisdom that will clean away all your troubles and trials and present you as a shining masterpiece of God's glory. With the wisdom of Solomon, one of the best-known and beloved pastors of our time, T.D. Jakes, shares 40 wise and personal insights to refresh and empower you to tackle life's challenges. This interactive devotional journal immerses you into a world where God's power infuses you with wisdom that you never thought possible. How much better to get wisdom than gold.

Let It Go for Your Sake!

By demonstrating how forgiveness, approached in the correct manner, benefits the forgiver far more than the forgiven this self-help book benefits people who have been deeply hurt by another and caught in a vortex of anger, depression, and resentment.

The Forgive Process

A step-by-step guide to applying the wisdom of the "New York Times"-bestselling book "Let it Go." Jakes, in this practical, easy-to-use workbook, helps process lessons in how to forgive and be forgiven.

Forgive and Let Go

In the second book by Sherry Woodcock, she provides the reader with simple yet insightful ideas about how forgiving is more for the forgiver than the person being forgiven. She illustrates how letting go of erroneous beliefs and negative feelings enables us to live a more free and fulfilling life. Daily Spiritual Tools, Learning How to Forgive and let Go provides the reader with simple yet insightful ideas about how forgiving is more for the forgiver than the person being forgiven. This second book by Sherry Woodcock, Learning How to Forgive and Let Go, is a shorter, more specific look at how simple spiritual tools can allow you to have more positive relationships and view circumstances, seen otherwise as negative, in a more positive light. Sherry explains that, "By forgiving and letting go of all the negative beliefs and feelings, we can imagine perfection unfolding and it is done. We can feel free and content." Only published as an ebook, Learning How to Forgive and Let Go gives the reader a glimpse into the larger "tool box" that is provided in her first book, Daily Spiritual Tools, and her blog of the same name. You can purchase the paperback book, Daily Spiritual Tools at Amazon.com and read

more from Sherry by visiting her website DailySpiritualTools.com where you can listen to Sherry read from her book and read her current blog posts.

Reposition Yourself

Describes how hidden, buried anger might be causing physical and emotional problems including headaches, digestive problems and insomnia and explains how to practice mindfulness to release the pent-up emotions before they become unhealthy.

The Forgiveness Book

T.D. Jakes, New York Times bestselling author of *Reposition Yourself*, *Making Great Decisions*, and more than a dozen other titles, presents this book on forgiveness, demonstrating once again why he is called “a spiritual genius,” a “master of meeting mankind eye to eye,” and one of America’s best preachers. Jakes understands that he and fellow Christians share spiritual truths “that transcend time and culture and reflect a universal understanding of human nature.” The spiritual truth he explores in *Let It Go* concerns forgiveness and why it is important for those on the receiving end of wrongful behavior as well as those who commit acts of wrongdoing. “Forgiveness is a big idea and it works best when it is invested into people who have the courage to grasp the seven-foot-high idea of what’s best for their future rather than the four-foot-high idea of recompense for what has happened in their past,” Jakes writes in *Let It Go*. This book explores forgiveness as an idea and at the same time offers specific and clear actions for readers who seek to apply the idea in their daily lives. Offenses are a part of life, he says. But conflicts can be resolved and relationships do have a future, if we learn how to forgive. No matter how great or small the injustice, Jakes shows how the matter can be put behind you for the sake of a better tomorrow if you can *Let It Go*.

Letting Go: How To Forgive & Transform Your Life

Let your heart be warmed as the oil of T.D. Jakes' teaching flows from your mind to your spirit. The balm in this book will soothe all manner of traumas, tragedies, and disappointments. For the single parent and the battered wife, for the abused girl and the insecure woman, there is a cure for the crisis! In this soft word for the sensitive ear, there is a deep cleansing for those inaccessible areas of the feminine heart. This book will help to fight back the infections of life. *Woman, Thou Art Loosed!* will break the bands off the neck of every woman who dares to read it!

Forgive and Let Go!

When heartbreaking moments strike in a relationship, hatred, bitterness and resentment are always present. Most of the time you want to do more than to forgive. Taking the positive side of the circumstances, you wanted to meet the person and reconcile with him. Maybe, you both need to work again together for the benefit of the majority. Or, you may share something more intimate because of a shattered marriage - the custody of your children. In *How to Forgive Someone who Hurt You*, the author shares his ideas about forgiving others. There are exercises to follow on how to attain and give a total interpersonal forgiveness. The book emphasizes on four things: the steps of forgiving, its different stages, its many health benefits when you learn to forgive and Bible verses and passages that will support the statements regarding forgiveness. People are always yearning for knowledge and this book is full of positive thoughts about hope, inner peace, health and happiness - the effects when someone forgives. You may also learn that forgiveness, as what the Bible says, is shared and given all the time. It is seventy time seven times. *How to Forgive Someone who Hurt You* is for everyone because you are not alone. Thousands of us are wronged by violence, crime, betrayals in relationships, social distresses and more. It does not include physical injuries inflicted to you. This book reveals the different strategies of forgettable interpersonal relationships, their physical effects and benefits, and the different coping mechanisms.

Forgive and Let Go

Using examples from his own personal history, the author explains the healing quality of forgiveness and tools to assist readers on their own path to letting go of the past and past hurts For other information, pictures related to this book, see the author's website: donaldely.com. My journey from my childhood dream or working in the space program and a beautiful family to the end of my marriage and journey into personal growth.

Forgiveness Is a Choice

Using examples from his own personal history, the author explains the healing quality of forgiveness and tools to assist readers on their own path to letting go of the past and past hurts For other information, pictures related to this book, see the author's website: donaldely.com. My journey from my childhood dream or working in the space program and a beautiful family to the end of my marriage and journey into personal growth.

Tuesdays with Morrie

“Martha Minow is a voice of moral clarity: a lawyer arguing for forgiveness, a scholar arguing for evidence, a person arguing for compassion.” —Jill Lepore, author of *These Truths* In an age increasingly defined by accusation and resentment, Martha Minow makes an eloquent, deeply-researched argument in favor of strengthening the role of forgiveness in the

administration of law. Through three case studies, Minow addresses such foundational issues as: Who has the right to forgive? Who should be forgiven? And under what terms? The result is as lucid as it is compassionate: A compelling study of the mechanisms of justice by one of this country's foremost legal experts.

I've Been Thinking . . .

INSTANT #1 NEW YORK TIMES BESTSELLER “[I've Been Thinking...] is beautiful felt your soul on these pages.” –Oprah Winfrey “If you are feeling stuck, lost, or you just need a pick-me-up, this is the book for you. Shriver's wisdom will fill you up.” —Hoda Kotb, coanchor, The Today Show The ideal book for those seeking wisdom, guidance, encouragement, and inspiration on the road to a meaningful life. As a prominent woman juggling many roles, Maria Shriver knows just how surprising, unpredictable, and stressful everyday life can be. In this moving and powerful book, she shares inspiring quotes, prayers, and reflections designed to get readers thinking, get them feeling, get them laughing, and help them in their journey to what she calls The Open Field--a place of acceptance, purpose, and passion--a place of joy. I've Been Thinking . . . is ideal for anyone at any point in her life. Whether you feel like you've got it all together or like it's all falling apart--whether you're taking stock of your life or simply looking to recharge, this is the book you will turn to again and again. Spend the weekend reading it cover to cover, or keep it on your nightstand to flip to the chapter you need most. Like talking with a close friend, it's the perfect daily companion—an exceptional gift for someone looking to move forward in life with hope and grace.

Let It Go

Until now, we have been taught that forgiveness is good for us and that good people forgive. Dr. Spring, a gifted therapist and the award-winning author of *After the Affair*, proposes a radical, life-affirming alternative that lets us overcome the corrosive effects of hate and get on with our lives—without forgiving. She also offers a powerful and unconventional model for genuine forgiveness—one that asks as much of the offender as it does of us. This bold and healing book offers step-by-step, concrete instructions that help us make peace with others and with ourselves, while answering such crucial questions as these: How do I forgive someone who is unremorseful or dead? When is forgiveness cheap? What is wrong with refusing to forgive? How can the offender earn forgiveness? How do we forgive ourselves for hurting another human being?

How to Forgive Someone Who Hurt You

"[The author] shows us what we can learn from those who have struggled with forgiveness, some still struggling, and others who have been able to forgive what might seem truly unforgivable. The book features experiences from those well-known

and unknown All provide different journeys to forgiveness and the process--sometimes slow and thorny, sometimes almost instantaneous--by which they learned to forgive and let go. [This book] is a perfect blend of personal insights, powerful quotations, and hard-won wisdom for those seeking a way to live with greater acceptance, grace, and peace"--

The Book of Forgiving

Let It Go for Your Sake, Forgive is a spiritual exploration of forgiveness written from a Christian perspective with reflection exercises. If you are ready to act upon the message in this book without compromising, then get ready to receive healing in every area of your life.

Wisdom from T.D. Jakes

The Forgive Process reveals a simple process to forgive the hurts and pains that hold people back. Life is full-contact. There are hurts and joys at every turn. But those hurts, when they are not released, hold people captive. The way through a hurt is forgiveness. Yet many people do not understand forgiveness. The misunderstandings and myths make it even more difficult—unless you have a simple process to work through. With Lee Baucom's principles, forgiving is a simple, six-step process. Anyone can forgive, move forward, and find peace and healing.

Let It Go Workbook

For young children, learning to forgive—when they've been let down or had their feelings are hurt—can take time. Help children develop their forgiveness skills and learn how to accept an apology and move on without holding grudges. At the same time, encourage children to let go of disappointment and to accept when things don't go the way they hope. Back matter includes advice for teaching forgiveness at home, at school, and in childcare. Being the Best Me Series: From the author of the popular Learning to Get Along® books comes a one-of-a-kind character-development series. Each of the first six books in the Being the Best Me! series helps children learn, understand, and develop attitudes and positive character traits that strengthen self-confidence and a sense of purpose. Each book focuses on a specific attitude or character trait—optimism, self-esteem, assertiveness, resilience, integrity, and forgiveness. Also included are discussion questions, games, activities, and additional information for adults. Filled with diversity, these social story books will be welcome in school, home, and childcare settings.

Identity

How often have you cried out to God, Why? Why is justice perverted? Why don't people understand me? Why do the unjust prosper? The answer: Because you are anointed! Best-selling author T.D. Jakes writes, I used to have the wrong notion that when you are really anointed, you no longer have problems or rough times. But you show me anybody who's really Holy Ghost, knee-jerking, tongue-talking, casting-out-demons, laying-hands-on-the-sick, miracle-working, world-changing, mind-transforming, mind-boggling, head-straightening anointed, and I'll show you somebody who cried in the middle of the night and suffered all night long, wondering where is God. But, my friends, I have to confess that through it all I have learned to trust in Jesus. Through it all, I've learned to trust in God. Bishop T.D. Jakes continually ministers hope and healing to hurting people worldwide. Allow his message of anointing, based on Scripture and personal experiences, to wash over you with peace and quiet your questioning mind. Why? Because you're anointed!

Dare to Forgive

Why is forgiveness so hard? People who refuse to forgive often sabotage their future and create an emotional cancer that spreads into every other aspect of their lives. Even those who genuinely desire to forgive often struggle to get beyond their wounded emotions. In *Forgive, Let Go, and Live*, Deborah Pegues provides specific guidelines to help us better understand what forgiveness is and what it's not how to overcome seemingly unforgivable hurts when to restore, redefine, or release a hurtful relationship how it's possible to forgive without forgetting why learning how to forgive is a process Pegues showcases the triumphs of famous and everyday people as well as biblical characters who decided to pursue forgiveness and also the tragedies of those who chose to wallow in anger and revenge. If you've been wounded by another, this book will empower you to find joy, freedom, and peace as you let go of your desire to avenge the wrong and make a commitment to release the offender from his debt.

Making Great Decisions

A special 20th anniversary edition of the beloved international bestseller that changed millions of lives Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He reconnected with Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class:" lessons in how to live. Tuesdays with Morrie is a magical

chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

Do Yourself a Favor Forgive

D. A. Carson's father was a pioneering church-planter and pastor in Quebec. But still, an ordinary pastor—except that he ministered during the decades that brought French Canada from the brutal challenges of persecution and imprisonment for Baptist ministers to spectacular growth and revival in the 1970s. It is a story, and an era, that few in the English-speaking world know anything about. But through Tom Carson's journals and written prayers, and the narrative and historical background supplied by his son, readers will be given a firsthand account of not only this trying time in North American church history, but of one pastor's life and times, dreams and disappointments. With words that will ring true for every person who has devoted themselves to the Lord's work, this unique book serves to remind readers that though the sacrifices of serving God are great, the sweetness of living a faithful, obedient life is greater still.

Forgive, Let Go, and Live

Building on her signature message of using the mind to master difficult emotions, Joyce Meyer focuses on the most destructive, insidious one of all: anger. It is responsible for broken relationships, sleepless nights, high blood pressure and ulcers. It destroys friendships, marriages and families, not to mention peace of mind. Anger is especially hard to handle for many Christians who have learned from childhood that "good Christians don't get angry." Meyer argues that properly handled, anger is an alert system that something is wrong and needs to be resolved. In her latest book, she delves into the important process of forgiving, explaining its positive impact on the roots, the forms and the results of anger. Why forgive? Joyce explains that forgiving is the only thing that can free one from the terrible turmoil that anger causes to spill over into every part of life. Meyer understands that life will never be fair, but that is not a reason to let anger destroy our well-being and health. This is her guide to navigating that thorny territory and finding true peace.

Radical Forgiveness

Archbishop Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commission, along with his daughter, the Reverend Mpho Tutu, offer a manual on the art of forgiveness—helping us to realize that we are all capable of healing and transformation. Tutu's role as the Chair of the Truth and Reconciliation Commission taught him much about forgiveness. If you asked anyone what they thought was going to happen to South Africa after apartheid, almost universally it was predicted that the country would be devastated by a comprehensive bloodbath. Yet, instead of revenge and retribution, this new nation chose to tread the difficult path of

confession, forgiveness, and reconciliation. Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness; and renewing or releasing the relationship. Forgiveness is hard work. Sometimes it even feels like an impossible task. But it is only through walking this fourfold path that Tutu says we can free ourselves of the endless and unyielding cycle of pain and retribution. The Book of Forgiving is both a touchstone and a tool, offering Tutu's wise advice and showing the way to experience forgiveness. Ultimately, forgiving is the only means we have to heal ourselves and our aching world.

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