



## Forgiveness: A Bold Choice for a Peaceful Heart

By Robin Casarjian

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### Forgiveness: A Bold Choice for a Peaceful Heart By Robin Casarjian

Drawing on the philosophy of *A Course in Miracles*, Casarjian gives a new and surprising definition of forgiveness and provides original exercises and meditations that acknowledge our hurt even as they lead us beyond it. The book explores special cases involving family members, crime victims, self-forgiveness, and forgiveness of God.



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#### **About the Author**

Casarjian is founder/director of the National Emotional Literacy Project for Prisoners.

Joan Borysenko, PhD, a respected scientist and therapist, is president of Mind/Body Health Sciences, Inc. She is an internationally known speaker and consultant in health and spirituality, integrative medicine and the mind/body connection. She is the author of many books, including the New York Times bestsellers *Minding the Body, Mending the Mind* and *The Power of the Mind to Heal*.

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