



Forgiveness

By Gerald G. Jampolsky M.D.

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Forgiveness: The Greatest Healer of All is written in simple, down-to-earth language. It explains why so many of us find it difficult to forgive and why holding on to grievances is really a decision to suffer. The book describes what causes us to be unforgiving and how our minds work to justify this. It goes on to point out the toxic side effects of being unforgiving and the havoc it can play on our bodies and on our lives. But above all, it leads us to the vast benefits of forgiving. The author shares powerful stories that open our hearts to the miracles which can take place when we truly believe that no one needs to be excluded from our love. Sprinkled throughout the book are Forgiveness Reminders that may be used as daily affirmations supporting a new life free of past grievances.

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Editorial Review

Review

"What I've noticed in my life is that it has been easier to talk about forgiveness than to practice it. That's why Jerry's book is so important to me. I am glad to learn more about this miracle tool and the miracles it can produce. I am so happy to learn how to use it, not just talk about it. . . . This book is Jerry's truth, but it is God's message. . . . So be very clear that, as you read this book, you are having a conversation with God. And be very sure that you are not having it by accident." -- from the foreword by Neale Donald Walsch, author of *Conversations with God*

About the Author

Gerald G. Jampolsky, M.D., a child and adult psychiatrist, is a graduate of Stanford Medical School. In 1975, he founded the first Center for Attitudinal Healing, now a worldwide network with independent centers in over thirty countries. He is an internationally recognized authority in the fields of psychiatry, health, business, and education. Dr. Jampolsky has published extensively, including his best-selling *Love Is Letting Go of Fear*. He and his wife, psychotherapist and author Diane Cirincione, Ph.D., have worked in forty-nine countries and currently reside in both northern California and Hawaii.

Users Review

From reader reviews:

Alla Haynes:

Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled Forgiveness can be fine book to read. May be it might be best activity to you.

Agustin Byler:

People live in this new moment of lifestyle always aim to and must have the free time or they will get great deal of stress from both daily life and work. So , once we ask do people have free time, we will say absolutely sure. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative within spending your spare time, the particular book you have read will be Forgiveness.

Norman Ross:

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that

usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Forgiveness, it is possible to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

Shelia Tonn:

In this age globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is Forgiveness this book consist a lot of the information on the condition of this world now. This kind of book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The writer made some study when he makes this book. This is why this book acceptable all of you.

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