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## How To Forgive: A Practical Guide (Paperback)

By Lynda Bevan

Loving Healing Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ask yourself: Do you believe that the other person is responsible for how you feel? Do their actions seem like a complete mystery? Are you ready to stop feeling angry or upset? Do you still feel hurt or sad? Are you ready to re-build the trust within this relationship? Have you made the decision to forgive? Are you haunted by something you said or did to another? If you answered YES to more than one of these questions, then this book is for you! How To Forgive will assist you in unraveling the past and help you to let go of the feelings which are holding you back. Forgiveness is a choice, but to forgive is not always easy. In fact, many people who would like to let go of anger and forgive are stumped with the question of how to forgive. This step-by-step guide will help you acknowledge your emotions and deal with the issues those emotions identify. Lynda Bevan offers an important contribution to the clarification of this emotionally loaded term: forgiveness . She offers a taxonomy of misdeeds and...

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