



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

Michael E. McCullough, Steven J. Sandage, Everett L. Worthington Jr.

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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.

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Francine Nott:

People live in this new time of lifestyle always aim to and must have the spare time or they will get wide range of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the book you have read is actually To Forgive Is Human: How to Put Your Past in the Past.

Gayle Meek:

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