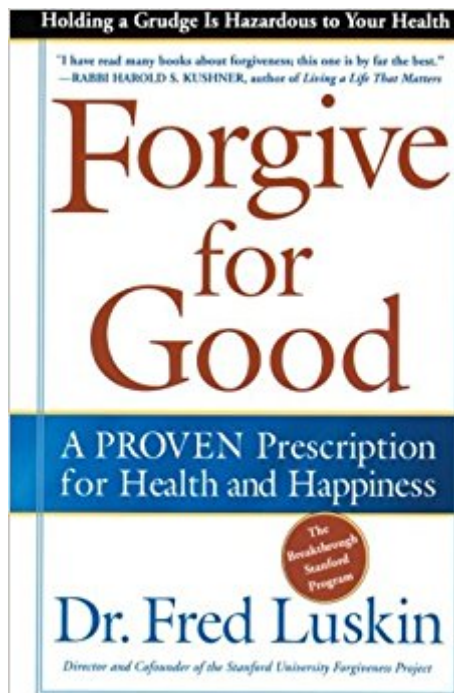




The book was found

Forgive For Good: A Proven Prescription For Health And Happiness



Synopsis

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.

Book Information

Paperback: 240 pages

Publisher: HarperOne; Revised ed. edition (January 21, 2003)

Language: English

ISBN-10: 006251721X

ISBN-13: 978-0062517210

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (196 customer reviews)

Best Sellers Rank: #20,852 in Books (See Top 100 in Books) #52 in Books > Self-Help > Relationships > Conflict Management #56 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution #186 in Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

I bought three books on forgiveness and returned the other two. The people I needed to forgive ranged from my father for demanding to know why I "didn't get an A+" on a math exam for which I had ONLY received an A, as well as for not protecting me from the prying eyes of my younger brother as I was maturing into a woman, to the murderer of my roommate as well as his defense attorney the latter worked real hard at (and basically succeeded in) rattling my cage by showing me gruesome crime scene and autopsy photos of my beaten and strangled friend while I testified at the trial. I can and will explain my reasons for keeping this book and returning the others in two ways. THE TOUCHY-FEELY REASON While reading this book (Forgive For Good) I felt understood, hopeful, calm, and, most important, forgiving, whereas when reading the other two books I quickly became bored and frustrated and had to work hard just to get through them. THE RATIONAL REASON Sa. Forgive For Good, contrary to what some other customer reviewers have said, accepted right on page one that I had something to forgive and it immediately granted me "personal

power" on a silver platter so I could proceed with the forgiving. Conversely, the other books were similar to most psychological self-help books I've read that focus the vast majority of their pages to figuring out whether or not I had really been a victim and just who was to blame for my problems and emphasised the probability that I would need outside help for years to do so. The first "step" in all three books is having someone validate our pain.

[Download to continue reading...](#)

Forgive for Good: A Proven Prescription for Health and Happiness How Can I Forgive You?: The Courage to Forgive, the Freedom Not To Complete Guide to Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription & Non-Prescription Drugs) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) The Looneyspoons Collection: Good Food, Good Health, Good Fun! TO ERR IS HUMAN, TO FORGIVE DIVINE - However Neither is Marine Corps Policy The Unbroken Child: A Little Girl's Struggle to Survive. A Father's Wrath. A Woman's Power to Forgive Forgive To Win!: End Self-Sabotage. Get Everything You Want The Anti-Alzheimer's Prescription: The Science-Proven Prevention Plan to Start at Any Age The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Water Prescription: For Health, Vitality, and Rejuvenation Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life Prescription for Natural Cures: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods, Third Edition Good Practice in Promoting Recovery and Healing for Abused Adults (Good Practice in Health, Social Care and Criminal Justice) The Canyon Ranch Guide to Men's Health: A Doctor's Prescription for Male Wellness Freedom Formula For Physicians: A Prescription for First-Class Financial Health for Doctors Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, and Vibrant Health - Look Good - Feel Good - Live Strong

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help