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

By Michael E. McCullough

IVP Books. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.7in. x 5.9in. x 0.7in.Forgiving can be one of the hardest things youll 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 cant 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 youll discover why, when you forgive, it sometimes doesnt lastwhat you can learn about forgiveness from the latest brain researchwhy you cant forgive by forgettingwhy simply deciding to forgive often doesnt do the trickhow memory research can help you actually change your memorieswhat it means to forgive yourselfhow to balance justice and mercyhow children can learn to forgivehow 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...



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