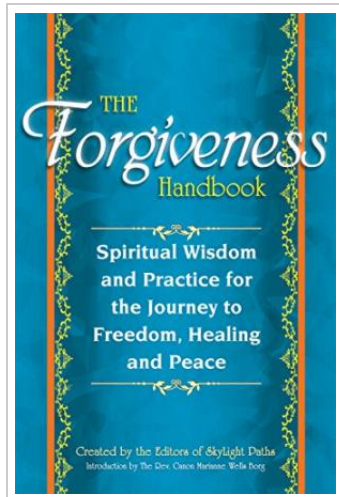




Forgiveness Handbook: Spiritual Wisdom and Practice for the Journey to Freedom, Healing and Peace

By Editors at SkyLight Paths

Jewish Lights Publishing, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Inspiration, encouragement and spiritual practice from across faith traditions for all who seek hope and wholeness through letting go. We all carry wounds that can bind up our hearts and keep us from fully loving and fully living in the present. Our pain may come from devastating trauma or unconscious resentment from accumulated everyday grievances. No matter the depth of the hurt, in the warmth and wisdom of this inspiring guidebook readers will find courage to face the past and begin the process of letting go. Contributors active as spiritual directors, clergy, religious scholars and retreat leaders draw on the depths of their own spiritual practice, religious traditions and sacred texts to offer hope and encouragement for the journey of forgiveness. They provide a rich variety of practices for cultivating an open and forgiving heart, both toward ourselves and others, as well as step-by-step guidance in the process of forgiveness. They share their insights on: Healing ourselves through forgivenessOvercoming obstacles to forgivenessLetting go of resentment, blame and angerForgiving ourselvesDeciding whether to restore relationshipsAsking for and accepting forgivenessReceiving Divine forgivenessFostering mercy in...



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Reviews

This pdf is wonderful. It really is written in simple terms instead of hard to understand. It's been developed in an exceedingly simple way and it is just after I finished reading this ebook in which in fact modified me, altered the way in my opinion.

-- **Ollie Powlowski**

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- **Prof. Ophelia Wiegand I**