



Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness

Eileen Borris-Dunchunstan

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Free yourself from anger, pain, and the past

Have you ever felt betrayed, hurt, or wronged? Are you struggling to get over a nasty divorce, the death of a loved one, a shattered friendship, or broken family ties? This book will help you deal with conflicted emotions and find it in your heart to forgive. Written by Dr. Eileen R. Borris-Dunchunstang, an internationally known speaker on conflict resolution and trauma recovery, *Finding Forgiveness* offers a remarkably sensitive yet powerful approach to healing your heart, lifting your spirit, and finding the power to love, grow, and forgive.

The 7 Steps Toward Forgiveness

- **Clear your mind** of negative thoughts that get in the way of your happiness.
- **Uncover your feelings** of bitterness, betrayal, victimization, and blame.
- **Let go of your anger** and move on with your life.
- **Work through your guilt** and learn to forgive yourself as well as others.
- **Reframe the situation** that hurt you and restore your faith in others.
- **Absorb the pain** of the past without the need for apologies or revenge.
- **Gain inner peace** through newfound compassion, understanding, and acceptance.

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This Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness is great guide for you because the content which is full of information for you who all always deal with world and also have to make decision every minute. That book reveal it information accurately using great plan word or we can claim no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but tricky core information with splendid delivering sentences. Having Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness in your hand like finding the world in your arm, data in it is not ridiculous just one. We can say that no e-book that offer you world within ten or fifteen tiny right but this publication already do that. So , this is certainly good reading book. Heya Mr. and Mrs. hectic do you still doubt that?

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Within this era which is the greater individual or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple approach to have that. What you need to do is just spending your time not much but quite enough to possess a look at some books. One of many books in the top checklist in your reading list is Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness. This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking up and review this publication you can get many advantages.

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