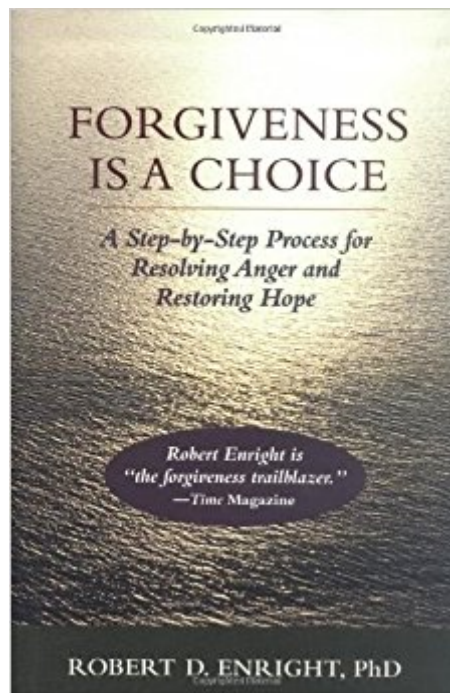




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# Forgiveness Is A Choice: A Step-by-Step Process For Resolving Anger And Restoring Hope



## Synopsis

A self-help text for people who have been deeply hurt by another and caught in a vortex of anger, depression and resentment. Robert D. Enright shows how forgiveness can reduce anxiety and depression while increasing self-esteem and hopefulness toward one's future. The volume demonstrates how forgiveness, approached in the correct manner, benefits the forgiver far more than the forgiven, and seeks to lead the reader on a path that will bring clarity and peace. Enright is careful to distinguish forgiveness from pseudoforgiveness, and to reassure readers that forgiveness does not mean accepting continued abuse or even reconciling with the offender. Rather, by giving the gift of forgiveness, readers are encouraged to confront and let go of their pain in order to regain their lives.

## Book Information

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## Customer Reviews

According to the results of the Human Development Study Group at the University of Madison, WI, forgiveness leads to improved physical and mental health as well as better relationships. This practical, nonsectarian, self-directed guide is deeply rooted in that study, of which educational psychologist Enright was a leader. Unlike other books on forgiveness (e.g., the writings of Lewis B. Smedes and Philip Yancey), this work doesn't cater to the casual reader seeking hints for self-improvement; Enright's readers must be committed and immerse themselves in the four stages of self-discovery uncovering anger, deciding to forgive, working on forgiveness, and discovery and release. Stressing that the process of forgiveness is different for each person, Enright advises flexibility, discourages the premature setting of specific goals, and encourages readers to draw on

the support of a friend or therapist as they work through the phases. This debut title of the American Psychological Association's new trade imprint, APA LifeTools, is highly recommended. Lucille M. Boone, San Jose P.L., CA Copyright 2001 Reed Business Information, Inc.

Robert D. Enright, PhD, is a licensed psychologist and professor of psychology at the University of Wisconsin, Madison. He is the author of more than 80 publications and has been a leader in the scientific study of forgiveness and its effects since 1985. His work on the subject has appeared in Time, McCall's, the Wall Street Journal, the Washington Post, the Chicago Tribune, and the Los Angeles Times. He has appeared on ABC's 20/20 NBC's Nightly News and many other television and radio shows.

I really needed this at this time in my life. It gave me assurance that I had forgiven but I may chose to stay away from the person. If however, I should run into the person be nice and kind and do not converse with them unless their spouse is present. This book was a great help.

This book has been incredibly essential to my forgiveness and healing with my partner and the recent death of my mother. It is thoughtful and thought-provoking; exquisite in how it addresses almost every issue and concern we face in our almost ethereal comprehension of forgiveness. It truly brings a tangible feeling to the 'how' we forgive. The author's clear and concise in his writing and description on what forgiveness is/isn't, why we forgive, and detailed in his explanation on what the process is comprised of. Before this book, I had no idea that in order to forgive we had to go through a very systematic process; forgiveness IS a step-by-step process for addressing the underlying issues of our anger and resentments, not just addressing and trying to resolve the anger/resentment itself. I am extremely happy with "happening" upon this book.

great

I purchased four books in a row on this topic. Some books were well intentioned but fell short. This book provided a clear path, personal case examples and had data to validate the processes were effective. The author was not selling a religious point of view but it was not anti-Christian. Even though I purchased this book for me personally I have recommend it to counselors because it is the only book of the four I read that came across as logical.

Reading this book changed my life. Forgiveness doesn't mean letting the other person off the hook. It means doing something productive, purposeful and liberating with your anger. It means you win. You shed all the shame and hurt and pain that the person you're forgiving put on you. Excellent book with ideal mix of step-by-step instructions and research. Tip: Read the acceptance chapter thoroughly.

The way the author take you thrw the proses is good repitly explain how to do it. And many examples for that

I was raised in a family where forgive was considered an act of weakness and a thing that is not doable. Studying spirituality and all the self help books that I red all of them (not to speak about religion) claims that forgiving is so necessary. I could not believe that this could be helpful or that I could do it. Now I'm here to say that I forgave.. really! And it feels so good! I have not finished the book I reached only a half of it and I forgave, something clicked and I feel so much better. Highly recomended Edit of 7.5.2015 I had not really forgiven... it is not that automatic to me, still working on the subject

Item delivered on time, was as described

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