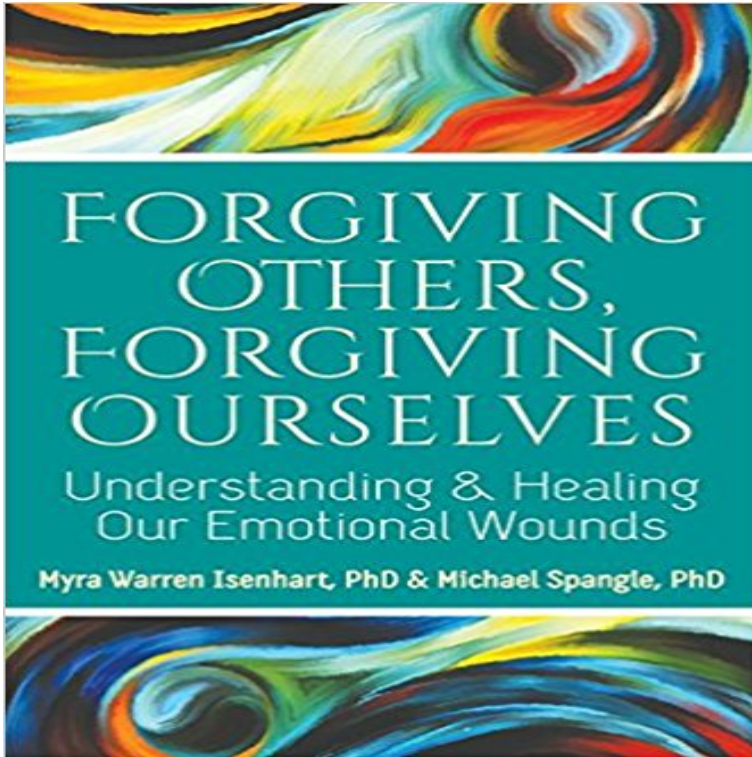


# Forgiving Others, Forgiveing Ourselves: Understanding and Healing Our Emotional Wounds



Start your healing journey to forgive or seek forgiveness?buoyed by spiritual and psychological insights and practical steps.We have both witnessed the power of forgiveness as well as the devastating sense of loss that comes from withholding forgiveness. We invite you to journey with us as we explore all the dimensions of forgiveness, learning how to apply this gift to yourself and your life, as well as using it to guide others toward a happier, more peaceful existence.?from the IntroductionEveryone seeks forgiveness at some point in their lives?in families, from friends, in workplaces, in communities or from ourselves?but we often falter when we discover the practice takes more than simply saying or hearing I forgive you. In this dynamic look at the process of forgiveness, conflict resolution experts Myra Warren Isenhardt and Michael Spangle look at what is really keeping you from forgiving or seeking forgiveness. In addition to focusing on the soulful benefits of forgiveness, they also draw on insights from many fields?communication, psychology, counseling and theology, as well as their own original research?to explore the mental and emotional barriers in your path.Learn how to:Make distinctions between forgiveness, apology and reconciliationIdentify the conditions that make reconciliation appropriate or inappropriateUnderstand the elements of an effective apologyExtend forgiveness to yourselfAssist others in their own forgiveness journey

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