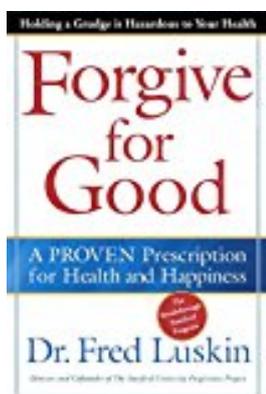


[PDF] Forgive For Good: A Proven Prescription For Health And Happiness

Frederic Luskin, Fred Luskin - pdf download free book



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Description:

From Publishers Weekly Forgiving doesn't mean forgetting, insists Fred Luskin in *Forgive for Good: A Proven Prescription for Health and Happiness*, nor does it mean condoning bad behavior. What it does mean is that you "take your hurt less personally, take responsibility for how you feel, and become a hero instead of a victim in the story you tell." Luskin, a practicing psychologist and cofounder of the Stanford University Forgiveness Project, shows why forgiveness is important for

mental and physical health, explains how to form a grievance and suggests practical steps for healing. He uses examples from his clinical practice including instances of broader cultural grievances like those between Protestants and Catholics in Northern Ireland in this solidly researched and convincing guide.

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From To forgive may be divine, according to Alexander Pope, but it is hardly easy. How do you forgive a hit-and-run driver, a boss who makes life unbearable, or a cheating spouse? Luskin says not only can you forgive such people but that for your own good mental and physical health, you must. The author is careful to make the distinction between forgiveness and condoning actions, forgetting them, or reconciling with the offender, all or some of which may not be possible. He says that over time we build up "grievances" against others on which we obsess and that make it impossible to get on with our lives. It is only through forgiveness that we can let go of the grievance, stop playing the role of victim, and move on. Through case studies, he indicates how we build up grievances and how they can block our happiness. He then describes the HEAL method of forgiveness, which stands for Hope, Educate, Affirm, and Long-term. Good practical advice for a very difficult task. *Marlene Chamberlain*

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