



How to Forgive and Move On: Teach Yourself

Jenny Hare

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This book will explore what forgiveness is, why and how it has been esteemed through the ages, why it's crucial to us today and how we can each adopt the practise and wisdom of forgiveness to enrich our own and others' lives, and help our world. It will give you the power to step back from emotions like hurt and blame, and show you how to move towards a feeling of forgiveness instead. It shows you that learning to forgive will nourish your self-esteem and well-being, and that making forgiveness and compassion a part of your day to day existence will heal not only your own life but help to heal the wider community.

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