

Forgiveness Is A Choice Robert D Enright

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We are at our human best when we give and forgive. But we live in a world in which it makes little sense to do either one. Only by coming to terms with the demons of the past can one truly heal and build a future. The book shows the gist of forgiveness as this: First, acknowledge that someone hurt you deeply. Sometimes that hurt can turn to anger and the anger can cause you to self-destruct beyond your control and push people away.

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Far from minimizing the hurt of the offense, readers are called to understand that offering forgiveness and letting go of bitterness is the only way to walk in faithfulness. Drawing on biblical teaching of our call to forgive, Nancy shows the reader that forgiveness is a choice- and the only pathway to true freedom.

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