



# Simple Forgiveness: How Forgiveness Benefits You and Sets You Free from Emotional Wounds

By Sharon Routt

Essence Publishing (Canada), United States, 2011. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How do you respond to the word forgiveness? Why should I forgive? I know I should. I'll never forgive them! Maybe later. This concise and easy to read book explains how forgiving benefits you, provides rationale for choosing to forgive and offers a four-step process to forgive. Discover that it is not a wimpy response, but a powerful tool that releases you from past hurts. Many people are held back by misconceptions and fear. Learn the truth-it will set you free! For the heart to be set free and to come out from under the weight of the pain and anger that often accompany us in our trek through life, forgiveness is vital and I can think of no place better to start than this practical and truthful book on a topic seldom discussed and even less often put into practice. -Dr. Chris Miller, D. Min and M. Div, Grace Counseling Services, Littleton, CO One of the more difficult issues to work through with people is the issue of forgiveness. Routt hits the nail on the...



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