



The Forgiving Life: A Pathway to Overcoming Resentment and Creating a Legacy of Love (APA Lifetools)

Robert D. Enright

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The Forgiving Life offers scientifically supported guidance to help people forgive those in their lives who have acted unfairly and have inflicted emotional hurt. It does not minimize the devastation of that hurt or require reconciliation with the one who inflicted the hurt. Rather, it describes a process, followed with success by people around the world, to confront the pain; rise above it to forgive; and in so doing, loosen the grip of the depression, anger, and resentment that have soured life.

Noted forgiveness expert Robert D. Enright invites readers to learn the benefits of forgiveness and to embark on a path of forgiveness, leaving behind a legacy of love. Guided by thought provoking questions, engaging dialogue, and Enright's kind encouragement, readers can chart their own journey through a new life of forgiveness.

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