



Forgiveness: The Greatest Healer of All

Gerald G. Jampolsky

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This is a small book with a big message: if people are to heal themselves and learn to live with each other in love and harmony, forgiveness must become as important and regular as breathing. The first chapter offers powerful stories chosen to open the reader's heart to the idea of forgiveness. Subsequent chapters explain why so many individuals find it so difficult to forgive, and why holding onto grievances is really a decision to suffer. He describes the causes of being unforgiving, how the mind works in this process, and the ultimate negative effects this attitude can exert on one's body and life in general.

Written in direct, accessible language, the book approaches its subject from a practical standpoint rather than a psychological or religious one.

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