



How to Forgive: A Step-By-Step Guide

John Monbourquette

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A practical way to make true progress past the dead end of resentment and revenge. "What does it take to forgive?" asks John Monbourquette, best-selling author, psychologist and priest. His answer is a unique twelve-step guide which offers profound and practical advice on overcoming the emotional, spiritual and psychological blocks to true forgiveness. Monbourquette begins by exploring the nature of forgiveness and exploding some of the myths. He shows how essential forgiveness is for us all, whatever our beliefs. Forgiveness touches on all aspects of the human person, the biological and psychological as well as the spiritual. He then takes the reader through his twelve-step healing process, providing practical exercises, case histories, anecdotes and even poetry along the way. How to Forgive is an honest and touching book which unlocks the liberating and transformative power of forgiveness.

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