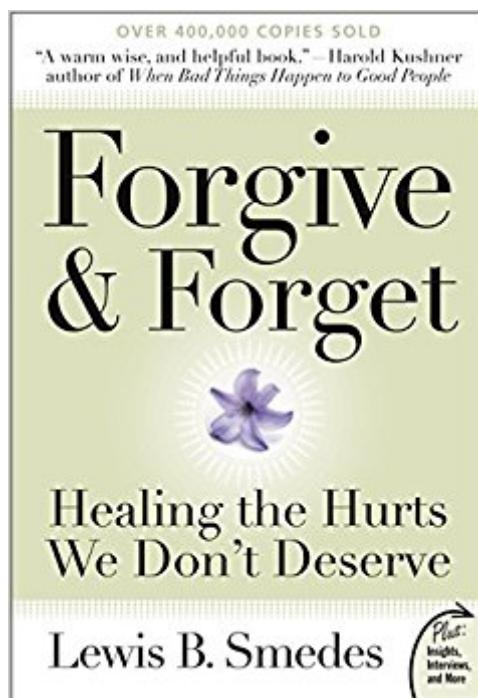


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# Forgive And Forget: Healing The Hurts We Don't Deserve (Plus)



## **Synopsis**

For all of us who have been wounded by another and struggled to understand and move beyond our feelings of hurt and anger, Lewis Smedes's classic book on forgiveness shows that it is possible to heal our pain and find room in our hearts to forgive. Breaking down the process of healing into four stages and offering stories of real people's experience throughout, this wise book provides hope and solace for all who long for the peace that comes with forgiveness. This classic is now available in an updated paperback PLUS edition with a reader's guide and other bonus materials.

## **Book Information**

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## **Customer Reviews**

"Lewis B. Smedes has written a warm, wise, and helpful book on an important topic that needed attention. I know that many people will be as helped by it as I was."-- Harold S. Kushner, author of "When Bad Things Happen to Good People""Will give help as well as comfort to those who read it."-- Madeleine L'Engle, author of "Certain Women""Lewis B. Smedes ... sets us free to understand that forgiveness can be not only a possibility but a reality."-- Dr. Robert H. Schuller

Lewis B. Smedes (1921-2002) was a renowned author, ethicist, and theologian. He was a professor of theology and ethics at Fuller Theological Seminary in Pasadena, California, for twenty-five years. He is the award-winning author of fifteen books, including *Forgive and Forget*.

Best book on forgiveness out there. This book goes into great detail analyzing forgiveness....what it

is, what it looks like, when it is needed and when it is not, how to do it, and why it is critically important.

Great explanation of what true forgiveness is and isn't. Covers the different hurts we experience in our daily lives and explains why carrying grudges and hate are so damaging to our personal lives and spiritually growth.

Just started reading and can not put it down.

I've struggled with some very painful issues in my life, and read several other books on forgiveness, but they left me feeling like I could never do what they suggested, and did nothing to help me to heal from the painful things that others have done to me. With this book I found that many of the things I'd already gone through were a part of forgiveness, and made forgiving someone within my grasp. I learned that it wasn't necessary to forget about the painful experiences in order to forgive, or to condone the action of the perpetrator in order to be able to forgive them. I didn't need to excuse their behavior by putting myself in their shoes to try to understand why their behavior had an excuse. I borrowed this book from a friend, but after reading it, I decided it was too good of a book to not have a copy of my own.

If you are having a hard time forgiving someone or many people. This is the book for you, it lays out the process and brings healing. The healing is not for the ones who hurt you but for you so you can move on and get the poison out of your mind and body.

Great Read, especially for those who always hold a grudge. You don't make any friends that way and you certainly won't keep them. It's not a good way to live life. I actually got this for a friend.

Excellent book and so helpful.

This is a 3 star book in my opinion. It's based on Christian beliefs and therefore I could not digest all what's written. Though, the author gave some good insights in some chapters. I needed to forgive myself for a couple of wrongdoings that I did, and after reading this book I believe I am now better and closer to forgive myself than I was before. I like the idea that even after hurting someone, we should not look at ourselves as bad people through out our repentance time. Our bad feeling for

hurting others should get us out of hating ourselves for what we did, because what we want to be tomorrow, should not be affected by what we already did in the past.I like how we wish those who hurt us well, is a sign that we already forgave them or in our way to.Forgiveness takes time, might take several trials too. We shall understand some circumstances that led others hurt us and always remember that love got us into this and love will get us out of it.

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