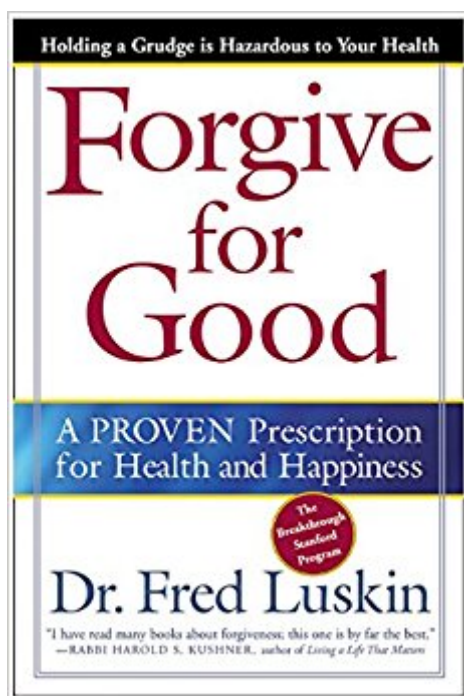


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# Forgive For Good: A Proven Prescription For Health And Happiness



## Synopsis

Based on scientific research, this groundbreaking study from the frontiers of psychology and medicine offers startling new insight into the healing powers and medical benefits of forgiveness. Through vivid examples (including his work with victims from both sides of Northern Ireland's civil war), Dr. Fred Luskin offers a proven nine-step forgiveness method that makes it possible to move beyond being a victim to a life of improved health and contentment.

## Book Information

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## Customer Reviews

Forgiving doesn't mean forgetting, insists Fred Luskin in *Forgive for Good: A Proven Prescription for Health and Happiness*, nor does it mean condoning bad behavior. What it does mean is that you "take your hurt less personally, take responsibility for how you feel, and become a hero instead of a victim in the story you tell." Luskin, a practicing psychologist and cofounder of the Stanford University Forgiveness Project, shows why forgiveness is important for mental and physical health, explains how to form a grievance and suggests practical steps for healing. He uses examples from his clinical practice including instances of broader cultural grievances like those between Protestants and Catholics in Northern Ireland in this solidly researched and convincing guide. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

To forgive may be divine, according to Alexander Pope, but it is hardly easy. How do you forgive a

hit-and-run driver, a boss who makes life unbearable, or a cheating spouse? Luskin says not only can you forgive such people but that for your own good mental and physical health, you must. The author is careful to make the distinction between forgiveness and condoning actions, forgetting them, or reconciling with the offender, all or some of which may not be possible. He says that over time we build up "grievances" against others on which we obsess and that make it impossible to get on with our lives. It is only through forgiveness that we can let go of the grievance, stop playing the role of victim, and move on. Through case studies, he indicates how we build up grievances and how they can block our happiness. He then describes the HEAL method of forgiveness, which stands for Hope, Educate, Affirm, and Long-term. Good practical advice for a very difficult task.

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This is a very inspiring book to read. It provides good examples of real people with real grievances and grudges that many people can relate to. It will teach you to take things less personally and neutralize the negative feelings you feel towards those who have hurt you. It does take effort on a consistent basis to use the principals in this book. So far I find myself thinking less about those people that have hurt me, but if I do find myself thinking about them it feels less painful and I am a lot less likely to ruminate about it. Some reviewers have mentioned that it does get a bit repetitive, which is true to an extent however people who have grievances against others think about those who offended them incessantly. So its good to be reminded of what needs to be done, so it sticks in your mind. Dr. Luskin offers a great acronyms to help those who suffer from grievances work through them, so its easy to remember and use on a regular basis when you find yourself thinking about those who have hurt you. Do something selfish, forgive and let them go from your mind.

This book is a really great guide on forgiveness. If that topic is tough for you, you'll want to read this book. I had a really tough family situation to forgive and was really happy Wayne Dyer recommended this book during one of his PBS specials, it was exactly what I needed. I am going to be honest, some of it goes on a bit and is tough to read. I skimmed through some of the stories once I got the concept down. I would recommend you do the same. However, the lessons on forgiveness are worth it. We forgive for us not for those who wronged us. Hope you find your peace as I did after reading this book.

I really found this book helpful in what it promised to do. Dr.Luskin's book was a savior who led me

out of the dark world that I started living after unpleasant events that happened to me once in the past. I've been mad at my boyfriend for sleeping with another woman, and abandoning me to be on my own in a hospital after I took a bunch of pills when I found that out. The whole year passed, and all I could do was run this "movie" in my head what an "injustice" he did to me every day first thing when I woke up and every time I was falling asleep. I was suffocated with those thoughts and they didn't let me live the full life, or have an enthusiasm to meet or get to know someone else, and this is while being attractive young woman. I realized I needed something to be changed about this, otherwise it was just impossible to live like that. Dr. Luskin, like gentle father, took me by hand and showed step by step, how I am stuck in the miry swamp of my own grievance. As turns out, it's us and only us who's responsible for how we feel and only we can control whether we are going to let our past dictate and poison our present and our happiness, or can we just accept that whatever happened is in the past, and the grievance in the present will not bring us any use but harm. What's amazing, harm to our health first of all. If you are ready for brighter present and future and ready to let go of your past offenses and be happy - let Dr. Luskin show you how. He did it for me, for which I am very thankful. And I can enjoy life again :) The downside: the book is a little repetitive, and a little dry, but if you get through the whole thing, it really changes your attitude to how you react to unpleasant events, learn not to take it personally, learn to be the boss of how you feel and don't let wrongdoings of some bad people be the dictator of your happiness and piece of mind I also ordered his other book, "Forgive for Love" and currently reading it now

I really enjoyed this book. It does a very good job of describing what causes us pain from past grievances and how to let go of that pain. The only prerequisite is a genuine desire not to hurt anymore. The hardest concept to understand and to apply is that forgiveness is not for the benefit of the perpetrator but for the one who is hurting. As a side-product it also helps the reader gain greater self-discipline and regain control of his/her life. My only criticism is that the two metaphors used in the book that are referred to again and again aren't the best for illustrating the ideas expressed. Nevertheless, I highly recommend this book for those wanting to overcome hurts from the past and who wish to get on with their lives.

This book was pretty good. Some of it was tough to read and there are some typos and fragment sentences that make it confusing at some points, but over all it has very good principles. I recommend this book to anyone struggling with forgiveness.

I think this could have been covered in a 20 page pamphlet . Every chapter went back over previous stories . It seemed like every three sentences were I did this and I did that. But I forgive Mr. Luskin.

This little book helped me work through a grudge I'd been holding for two years. It wasn't just the exercises. The explanation about the physiological effects of anger - why it feels so good, LOL - was eye-opening. Realizing that I didn't have to reconcile in order to forgive allowed me admit I didn't care for the person I was forgiving. This book is worth the money.

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