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Forgiving Our Parents, Forgiving Ourselves eBook by Dr ...

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Forgiving Our Parents Forgiving Ourselves - New Life

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Forgiving Our Parents Forgiving Ourselves. Many people have been helped by this valuable book, which addresses those of us who desperately want to change but can't stop behaving in ways that hurt us and those we love.

On the surface, forgiving your parents (or anyone for that matter) may seem insignificant, but forgiving your mother or father is actually the best thing you can do for the quality of your life.

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In the introduction to Forgiving Our Parents, Forgiving Ourselves, Dr. Paul Meier says that "all too often the process of forgiveness is either left out or distorted. I'm thrilled that Dr. Stoop and Dr. Masteller have restored it to its central role in the process of our healing." Forgiveness is indeed a crucial concept for every committed Christian.

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Forgiving others. Typically, we replay horrible incidents to remind ourselves to beware; as a motivation strategy to remind us to protect ourselves. When we're sure we'll protect ourselves from further negativity, bullying and abuse, when we're sure we won't get sucked in again too far, then we can relax.

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