



## Dare to Forgive

By Edward Hallowell

HarperCollins Publishers (Australia) Pty Ltd. Hardback. Book Condition: new. BRAND NEW, Dare to Forgive, Edward Hallowell, Forgiveness is not a sign of weakness but of strength. It's also healthy, brave, contagious and it sets you free. Everyone needs to forgive, whether it's your parents, your neighbors, your dog, the man who cut you off in the traffic this morning or the criminal who murdered your loved one. In this clear, concise and inspiring book, bestselling psychiatrist Dr. Edward Hallowell shows you how. In his typical lively and engaging style, bestselling author Dr. Edward Hallowell leads you through a series of definitions and situations to an understanding of the true nature of forgiveness. He shows how and why forgiveness is the basis of a happy and healthy life, and then gives you a practical four-step program to create more of it in your own life. Maybe you're letting the small insults of daily life pile up and cause you stress. Dr. Hallowell will show you how his own frustration over a Porsche stealing his parking spot on a busy street led him to do something reckless. Maybe you're hurt by the thoughtless actions of those you love. Dr. Hallowell shows how...

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