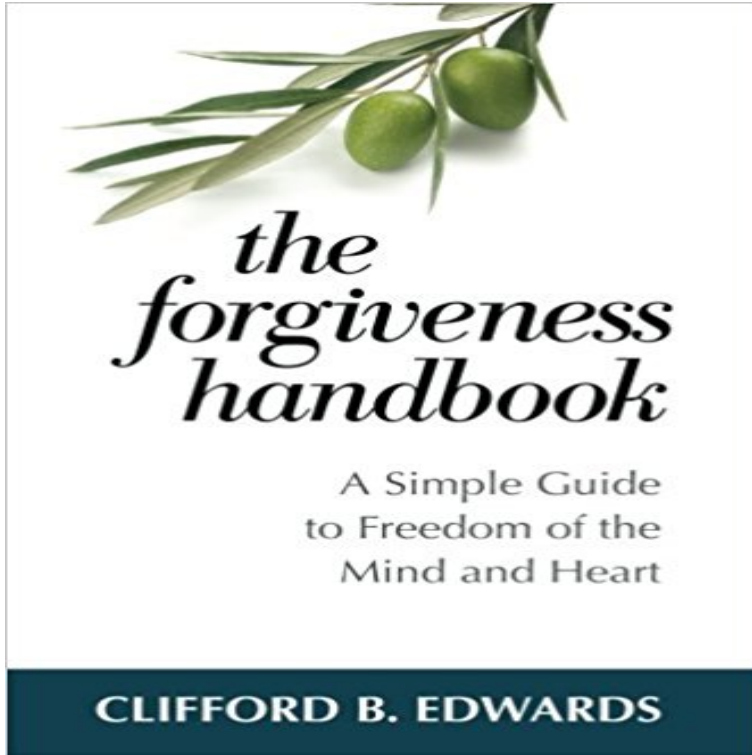


# The Forgiveness Handbook: A Simple Guide to Freedom of the Mind and Heart



You Can Experience Freedom of the Mind and Heart. Consider the following questions: - Do you ever make negative judgments about yourself or others? - Are you holding onto any regret, remorse, sorrow, guilt or shame about the past? - Do you carry any anger, resentment, blame or indignation toward yourself or anyone else? If the answer is yes to any of these even in the smallest degree then you have something to forgive. Forgiveness grants you freedom from the cruel patterns of judgmental, blaming thoughts. It liberates you from the oppressive burdens of unresolved emotions and the chafing restrictions of limiting beliefs from the past. Forgiveness gives you the freedom to more fully be and become a unique, confident and unbridled expression of yourself, so that you can create the levels of success and joy you most want in your life. This book is for you if you have suffered hurtful, painful, wounding or upsetting events and experiences of any sort in your life. It is for you if you have any questions about what forgiveness is and why you should expend the mental, emotional or spiritual energy to forgive anything or anyone. At the end of every chapter of this book are optional journaling exercises to complete. The exercises are designed to be done in sequence and to build on one another. If you do each of the exercises as you move through the book, you'll end up having completed your own personal process of forgiveness around one or more people or incidents from your life. This book is designed to be a handbook, a place where you can come for ideas, reminders and perspectives on forgiving and the benefits of doing so. Its intent is to inspire, motivate, encourage and cajole you into adopting and keeping a regular practice of forgiveness so that you can experience the freedom of mind and heart that is your birthright.

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