



# Forgiveness

*Gerald G. Jampolsky M.D.*

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**Forgiveness** Gerald G. Jampolsky M.D.

Forgiveness: The Greatest Healer of All is written in simple, down-to-earth language. It explains why so many of us find it difficult to forgive and why holding on to grievances is really a decision to suffer. The book describes what causes us to be unforgiving and how our minds work to justify this. It goes on to point out the toxic side effects of being unforgiving and the havoc it can play on our bodies and on our lives. But above all, it leads us to the vast benefits of forgiving. The author shares powerful stories that open our hearts to the miracles which can take place when we truly believe that no one needs to be excluded from our love. Sprinkled throughout the book are Forgiveness Reminders that may be used as daily affirmations supporting a new life free of past grievances.

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