



Forgiving Our Parents: For Adult Children from Dysfunctional Families

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Within families there are times when feelings are trampled upon, emotions swing from happiness to all-time lows, depending upon the things that bring about these shifts. All must learn to forgive and get over the hurt regardless of the offense. In an abusive or dysfunctional family it is much harder to forgive and keep a positive, healthy outlook. This book leads the reader toward a balanced and healthy emotional sense of well-being and ability to forgive those who have hurt you.

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