



Forgiving Others, Forgiving Ourselves: Understanding and Healing Our Emotional Wounds

Myra Warren Isenhart, Michael Spangle

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Dynamically explores what is really keeping you from forgiving or seeking forgiveness. Draws on insights from many fields—communication, psychology, counseling and theology, as well as original research—to explore the mental and emotional barriers in your path. Includes reflection questions for individual and group use.

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