



Forgiveness: The Greatest Healer of All

Gerald G. Jampolsky

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Forgiveness: The Greatest Healer of All Gerald G. Jampolsky

This handsome little book is unique in that it is about practical spirituality and is written, like Dr. Jampolsky's other books, in very simple, down-to-eart, easy-to-understand language. It explains why many of us find it so difficult to fogive, why we should fogive, how to forgive, and why we don't forgive. Forgiveness also explains how the mind works in this process and points out the toxic, negative side effects of being unforgiving and the havoc it can play on our body and on our life. It also shows the physical and spiritual benefits of forgiving.



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