



## How to Forgive When You Cant: The Breakthrough Guide to Free Your Heart Mind

By Dr. Jim Dincalci

Forgiveness Foundation. Paperback. Book Condition: New. Perfect Paperback. 294 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. This book presents numerous ways in detail that help heal a lifetime of blame, resentment, grudges, and especially regret, guilt, and self-blame, so that you can move onto a more peaceful, joyful life. It provides proven, powerful methods that will help you get rid of your upsets for good - even those that seem unforgivable, for it gives researched ways to deal with heavy trauma, tragedy and abuse. The author, Dr. Jim Dincalci, provides: case studies, brain studies, and how to maintain gains made. Discover which of the 27 powerful forgiveness techniques is best for you. Defuse the two brain mechanism that prevent forgiving. Get past the 13 blocks to forgiving. Attain self forgiveness. You will learn: The 8 Essentials and 7 Secrets for dealing with upsets. 12 overlooked aids in empowering yourself to forgive. The 3 best strategies to manage difficult situations. How to get out of the cycle of victimhood and guilt. What trauma survivors and their family members need to know. And more. This book can also be used as a guide to help assist others to forgive. Mental health, legal, religious, and medical...



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