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“The Forgiving Life is a book to be experienced, not just read. It encourages you to explore the prerequisites of forgiveness, its context and environment, and its demands and rewards. At the end of the book you will have arrived at a new place, a place of greater freedom and vitality. The book is a workshop, a retreat, and hours of therapy all rolled into one.”
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The Forgiving Life offers scientifically supported guidance to help people forgive those in their lives who have acted unfairly and have inflicted emotional hurt. It does not minimize the devastation of that hurt. It does not require reconciliation with the one who inflicted the hurt. Rather, it describes a process, followed with success by people around the world, to confront the pain, rise above it to forgive, and in so doing, to loosen the grip of depression, anger, and resentment that has soured life. In this book, noted forgiveness expert Robert D. Enright invites readers to learn the benefits of forgiveness and to embark on a path of forgiveness, leaving behind a legacy of love. 

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