

The Magic of Forgiveness

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THE MAGIC OF FORGIVENESS

Emotional Freedom and Transformation at Midlife



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Author of the bestselling
Daily Affirmations for Forgiving & Moving On

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Forgiveness is not an event, it is a process. Forgiveness is most powerful when a woman reaches midlife: a natural time for reflection when she stands at a biological and emotional crossroads. In this groundbreaking book-the first of its kind for women-acclaimed therapist Tian Dayton shows women how assessing their lives and forgiving old wounds is as essential to their well-being as proper nutrition and retirement planning. In forgiving, we must work through layers of issues, pain and resentment. Because of this, the process is of great psychological, emotional and spiritual benefit. Left unresolved, past hurts wield their power from within and can contribute to depression and anxiety, undermining the immune system and ultimately opening the door to a multitude of diseases. And harboring resentment prevents us from engaging in deep, meaningful relationships. Through solid research, poignant case studies and personal examples, Dr. Dayton guides women through the sometimes painful but healing process to provide the comfort that may have eluded them for years. This beautifully written book will open women's eyes to the liberating power of forgiveness and provide the ability to find true joy.

作者介绍:

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