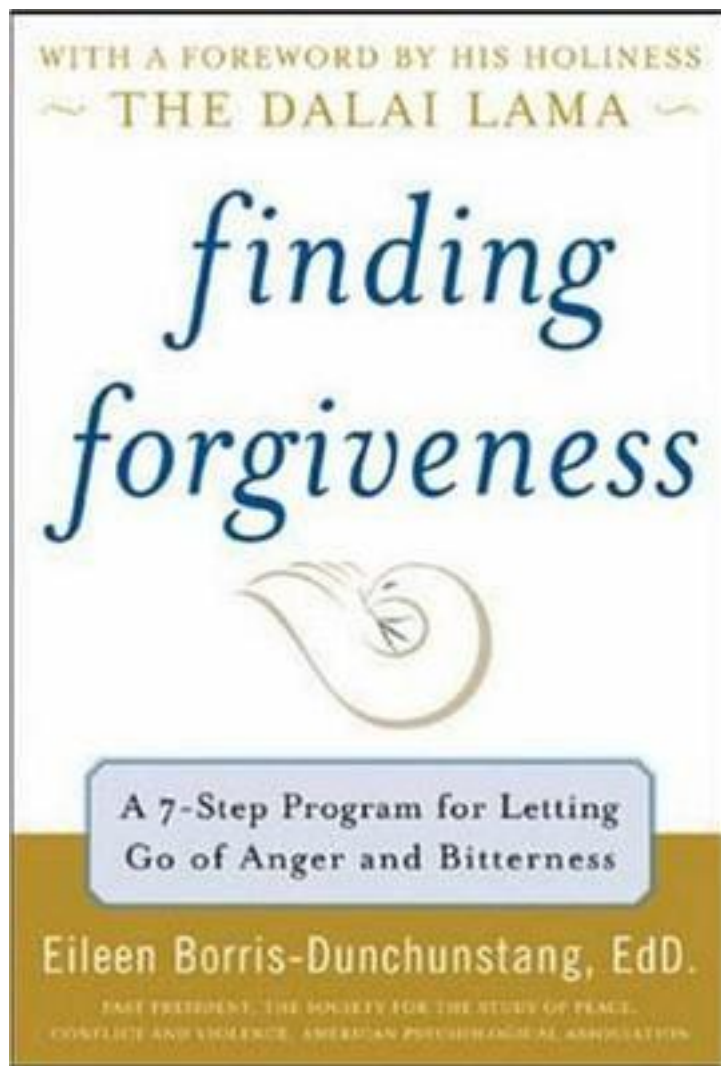


Finding Forgiveness



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This is an inspiring guide to healing the wounds left by loss and betrayal and finding your strength in forgiveness. Chronic hate and resentment not only sap our ability to experience happiness and to grow, they can also take a serious toll on our health and impede future relationships. In "Finding Forgiveness" internationally acclaimed expert on conflict resolution and trauma recovery Eileen R. Borris-Dunchunstang outlines her proven, seven-step program for shedding your emotional baggage associated with loss, betrayal, or resentment. Modifying the techniques she uses to resolve international conflict to address personal issues, Borris-Dunchunstang gives you the tools to break free of anger and bitterness and find your path to healing.

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