



Dare to Forgive: The Power of Letting Go and Moving on

Edward M. Hallowell

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In a book that gets more timely by the day, bestselling author Ned Hallowell shows that forgiveness is strength--and also that it's essential to living a healthy, happy life.

Forgiveness is not a sign of weakness but of strength. It's also healthy, brave, contagious and sets you free. In this book, Dr. Hallowell not only explains why forgiveness is one of the best things you can do to heal your body and mind; he also offers a practical, four-part plan for achieving it.

True stories illustrate the power of forgiveness in real lives, from a wife who forgives the hurtful words of her husband to a mother who forgives the man who kidnapped and murdered her daughter.

Dare to Forgive: The Power of Letting Go and Moving on Details

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From Reader Review Dare to Forgive: The Power of Letting Go and Moving on for online ebook

Michaela Johnson says

I like Dr. Hallowell's books on ADD, and other brain disorder, but in all honesty he said in 210 pages what he could have said in less than 50. If you feel so inclined, jump to chapter 5, read that and call it good.

Best takeaway was a quote on forgiveness and another in Latin about action/reaction.

Sally says

A practical and helpful book; the author doesn't approach the subject facilely, or present it as something one can accomplish mechanically by following a particular system. I got useful insights from it. It is the best book about forgiveness I have read.

Fonny Jodikin says

This book is fabulous. All I want to try is forgiving others now since the book suggests to do so. The person who forgives would benefit the most from the forgiveness act itself. Fantastic book!

Thankful Reader says

"Forgiving is letting go of anger and resentment." This sentence resonates with me and sums up the whole book. The author spoke about forgiveness as a journey and not a destination. At one point, he admitted that forgiveness, though we might try for years, ultimately, fails at times. My other favorite quote, "Forgiveness is not turning the other cheek. Forgiveness is not running away. Forgiveness does not mean that you condone what the person has done, nor does it mean that you invite them to do it again. It does not mean that you forget the offense, nor does it mean that by forgiving you tacitly invite bad things to happen again. It doesn't mean that you won't defend yourself." This sentence sums up what I have always believed about forgiveness, but never had affirmed. I will revisit this book repeatedly.

Jenny says

Very insightful book. Not just for religious People. If I added a few scriptures I could use it for an excellent Sunday school lesson.

Rusty says

I found this book to be very very good. It was an amazing read and kept my interest. I found the suggestions on how to let go and forgive someone very useful. I enjoyed that the author shared some of his own experiences with forgiveness in the book.

Anyone looking for a book on understanding why it's important to forgive someone, should read this book. I would recommend it.

Deb says

This book helped me to understand how I can, and need to, forgive others who have truly purposely hurt me, while not accepting what they did as okay.

Sarah says

Not life changing for me, but definitely helps give other options instead of holding on to anger. Kind of preachy for me.

Amanda says

I think this book is really important to read, for everyone. Forgiving is something we all should know how to do but we don't. In fact its probably one of the most difficult things to learn, practice and possibly teach. Great book, well written Loved it.

Kelly says

FORGIVENESS IS CHALLENGING BUT WILL EMPOWER ONE TO BE FREE FROM FEELINGS OF ANIMOSITY AND RESENTMENT WHICH ONLY DETER SUCCESS. THE BEST REVENGE IS SUCCESS, SO DO IT FOR YOURSELF AND FORGIVE TO ALLOW YOURSELF TO MOVE ON AND BE THE BEST YOU THAT YOU CAN BE.

Valerie says

This was well written and easy to read. It really did help me to move on from some old stuff. I highly recommend it.

Renata says

This book helped me with my effort to forgive.

Hòa Ph?m says

Hãy bi?t tha th? cho m?i l?i l?m ?? có 1 t?m lòng bao dung và r?ng m?.
