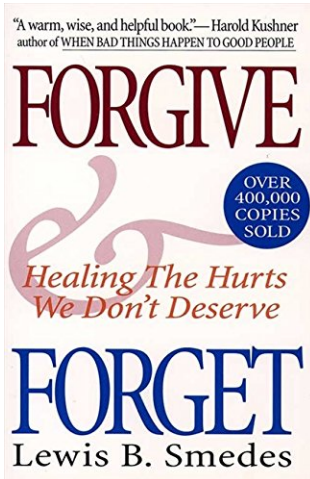


[PDF] Forgive And Forget: Healing The Hurts We Don't Deserve

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Description:

Review "Lewis B. Smedes ... sets us free to understand that forgiveness can be not only a possibility but a reality." -- -- *Dr. Robert H. Schuller*

"Will give help as well as comfort to those who read it." -- -- *Madeleine L'Engle, author of Certain Women*

About the Author

Lewis B. Smedes is a professor of philosophy and integration at Fuller Graduate School of Psychology of Pasadena, California. He is the award winning author of nine-books,

including *A Pretty Good Person*.

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Forgive and Forget: Healing the Hurts We Don't Deserve Rev. Penny Eberhart. 3 years ago
3 years ago. Alas we learn to forgive others we seek forgiveness from others when we do wrong. The petty mindedness of us fuels our pride and arrogance to stand against basic decency and humanity and hold grudges and anger against others. A very convenient position to hold that blinds our logic and sensibilities and stops us from realizing how we ourselves would feel if we were put in a similar position. When we are wrong we rightfully expect others and even God to forgive us of our mistakes and sins. He began by forgiving us. And he invites us all to forgive each other. Lewis B. Smedes "Forgive & Forget: Healing the Hurts We Don't Deserve. Doctors have proved that forgiveness and letting go of grudges immediately and drastically improved your health and quality of life. We don't share your credit card details with third-party sellers, and we don't sell your information to others. Learn more. Ships from. There are some nuggets of wisdom here and there, like "When you forgive someone for hurting you, you perform spiritual surgery inside your soul; you cut away the wrong that was done to you...." However, he then goes on to talk about seeing the offender with "magic eyes"-a concept Smedes repeats throughout the book. Forgive and Forget - Why is Forgiveness Sometimes So Hard? If you can't just forgive and forget maybe these 12 reasons why we can't forgive will help. It means allowing yourself to process and heal the hurt their actions have caused you. This does not, however, mean that you condone what they did. You can disagree with their actions and still let go of your hurt. 4) You are scared that if you forgive someone you'll be made vulnerable. Feeling angry can make us feel "tough", and can be like an armour keeping away more hurt. But not forgiving someone leaves us replaying a painful situation in our mind until it erodes our sense of worth. This actually leave us more vulnerable in the long run.