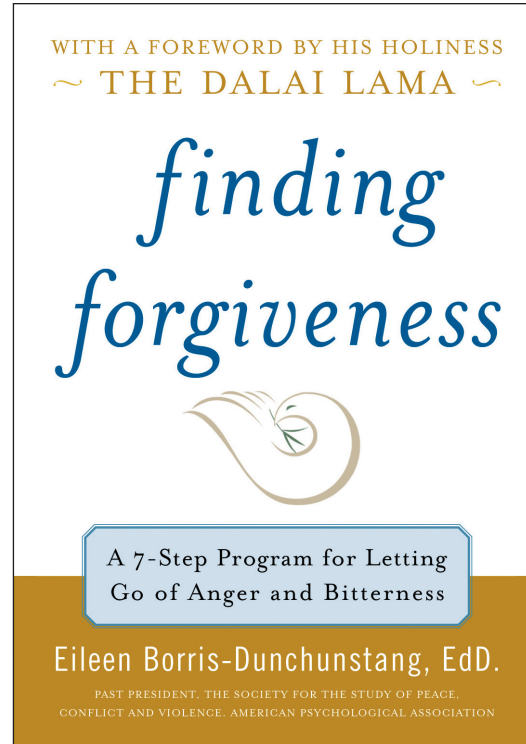


## Free yourself from anger, pain, and the past

Are you struggling to get over a divorce, the death of a loved one, or broken family ties? This book will help you deal with conflicted emotions and find it in your heart to forgive. Written by Dr. Eileen R. Borris-Dunchunstang, an internationally known speaker on conflict resolution and trauma recovery, *Finding Forgiveness* offers a sensitive yet powerful approach to healing your heart, lifting your spirit, and finding the power to love, grow, and forgive.

### The 7 Steps Toward Forgiveness

- Clear your mind of negative thoughts that get in the way of your happiness
- Uncover your feelings of bitterness, betrayal, victimization, and blame
- Let go of your anger and move on with your life
- Work through your guilt and learn to forgive yourself as well as others
- Reframe the situation that hurt you and restore your faith in others
- Absorb the pain of the past without the need for apologies or revenge
- Gain inner peace through newfound compassion, understanding, and acceptance



### Finding Forgiveness

*A 7-Step Program for Letting Go of Anger and Bitterness*

Eileen Borris-Dunchunstang

0-07-147469-2 • \$21.95

**EILEEN R. BORRIS-DUNCHUNSTANG, Ed.D.**, is an internationally renowned speaker and trainer in forgiveness, reconciliation, conflict resolution, and trauma recovery. She is the director of training for the Institute for Multi-Track Diplomacy in Washington, D.C., and has worked for the U.S. Agency for International Development (USAID) and the United Nations Development Fund for Women (UNIFEM).

AVAILABLE EVERYWHERE BOOKS ARE SOLD.

Learn more.



Do more.