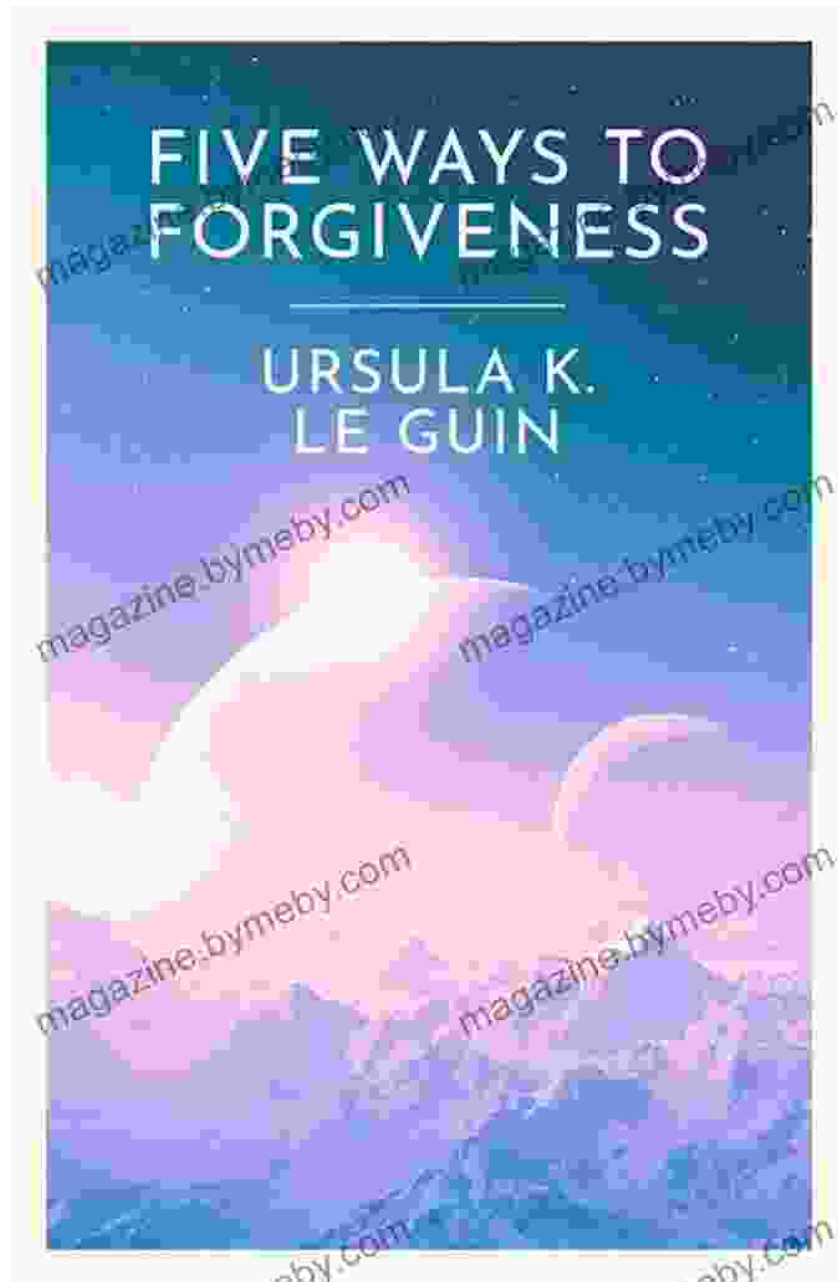


Five Ways to Forgiveness: A Path to Healing and Wholeness



Five Ways to Forgiveness: A Library of America eBook

Classic by Ursula K. Le Guin

★★★★★ 4.7 out of 5

Language : English



File size	: 900 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 351 pages
Screen Reader	: Supported



By Dr. Jessica Moore

Forgiveness is a powerful tool that can help us to heal from the pain of the past and move on to a brighter future. In her book, *Five Ways to Forgiveness*, Dr. Jessica Moore offers a practical and compassionate guide to the process of forgiveness.

Drawing on her own experiences as a therapist and a survivor of childhood trauma, Dr. Moore offers five key steps to forgiveness:

1. Acknowledge the hurt
2. Grieve the loss
3. Understand the other person's perspective
4. Let go of the need for revenge
5. Forgive yourself

Dr. Moore's approach to forgiveness is non-judgmental and accessible. She understands that forgiveness is not about condoning wrongs or forgetting the past. Rather, it is about releasing the pain and anger that can hold us back from living full and meaningful lives.

If you are struggling to forgive someone who has hurt you, Five Ways to Forgiveness can help. Dr. Moore's compassionate guidance will help you to heal from the past and move on to a brighter future.

About the Author

Dr. Jessica Moore is a licensed clinical psychologist and the author of the bestselling book, Healing from Trauma: A Survivor's Guide to Recovery. She is a sought-after speaker and expert on the topic of forgiveness, and her work has been featured in The New York Times, The Washington Post, and Oprah Winfrey's O Magazine.

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