



FORGIVE FOR GOOD: a Proven Prescription for Health and Happiness

By Luskin, Frederic

HarperSanFrancisco/HarperCollins, San Francisco, CA, 2003. Paperback. Condition: NEW. First Edition, 8th Printing. NEW COPY w/trace edge rubs to softcover. Mongraph. Healing powers and medical benefits of forgiveness. A sound 9-step handbook, with case studies (including deep, far reaching cultural grievance) from practicing psychologist Fred Luskin (1954 -), co-founder of the Stanford Univ Forgiveness Project. Stressing forgiveness neither means to forget nor to give approval to hurtful behavior --- but means one needs to "take your hurt less personally, take responsibility for how you feel, and become a hero instead of a victim in the story you tell." Luskin shows how to let go of anger and grudges, and through forgiveness, regain healthy and peaceful benefits for mind and body.



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