

# Download How Can I Forgive You

Choose to forgive because you want to, not because you have to. Forgiveness should be chosen freely, not reluctantly or under pressure. Forgiveness is a choice that you make for yourself, so don't let other people's ideas of what you "should" do pressure you into doing something that feels premature or just not right. *How Can I Forgive You?: The Courage to Forgive, the Freedom Not To* [Janis A. Spring] on Amazon.com. \*FREE\* shipping on qualifying offers. Until now, we have been taught that forgiveness is good for us and that good people forgive. Dr. Spring So, how can you forgive someone who has hurt you deeply? It's not as simple as just saying those magic words "I forgive you." No, there is a deep process to actually meaning "I forgive you," and consequently feeling the physical, emotional, and mental health benefits of forgiving someone. For those of you who have wronged someone else, it will offer you concrete steps for earning that person's forgiveness – and your own. Beautifully written and filled with insight, practical advice, and poignant case studies, *How Can I Forgive You?* addresses such critical questions as: Is forgiveness good for us?