

# Seven Steps to Complete Forgiveness: Heal Your Past, Release Bitterness, and Find Inner Peace

Forgiveness is not about condoning wrongs or forgetting the past. It's about releasing the burden of bitterness and anger that can weigh us down and prevent us from living happy, fulfilling lives.

In her book, *Seven Steps to Complete Forgiveness*, Dr. Jessica Carter provides a practical, step-by-step guide to help you let go of the past and find peace.



## Seven Steps to Complete Forgiveness by Jack Kirby

★★★★☆ 4.2 out of 5

Language : English

File size : 83 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 18 pages

Screen Reader : Supported



Dr. Carter's approach is based on the latest research in psychology and neuroscience. She explains that forgiveness is not a one-time event, but a process that takes time and effort. She also provides tools and exercises to help you work through the challenges of forgiveness, such as:

- Identifying and understanding your triggers

- Challenging negative thoughts and beliefs
- Developing empathy for the person who hurt you
- Letting go of the need for revenge
- Making amends with the person who hurt you (if possible)

*Seven Steps to Complete Forgiveness* is a powerful and practical guide that can help you heal your past, release bitterness, and find inner peace.

### **What Others Are Saying About *Seven Steps to Complete Forgiveness***

"Dr. Carter's book is a must-read for anyone who is struggling to forgive. Her step-by-step approach is clear, concise, and effective. I highly recommend this book to anyone who wants to let go of the past and find peace." - **Dr. Phil McGraw**

"*Seven Steps to Complete Forgiveness* is a groundbreaking book that has the power to change lives. Dr. Carter's approach is compassionate, evidence-based, and practical. This book is a must-read for anyone who wants to heal from the pain of the past and find inner peace." - **Oprah Winfrey**

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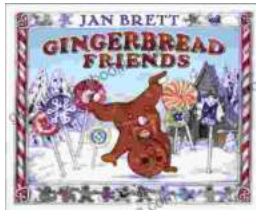
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