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Free Yourself to Love: The Liberating Power of Forgiveness

By Jackie Kendall

Time Warner Trade Publishing, United States, 2009. Paperback. Book Condition: New. 201 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.Jackie Kendall s childhood was a horror story of abuse. A counselor deemed her family one of the top-ten most dysfunctional in America. Family members have dealt with this trauma in different ways: two siblings committed suicide. Some siblings ran wild, But Jackie learned to forgive. When she decided that she wanted to break the mould and be a healthy, loving woman, to forgive or not to forgive was not a question. Simply put: one cannot love freely without the developed skill of forgiving freely. In FREE TO YOURSELF TO LOVE, Jackie shares her own story and struggle to learn this vital life skill. She also reveals what forgiveness principles to apply to marginal and mortal offenses and the reasons for - and results of - refusing to forgive. In passionate, empathetic prose, Jackie urges her readers to exchange free-floating bitterness for the freedom to love and be loved.



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