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this book is really amazing and it had some unexpected benefits. i was trying to figure out how to forgive intentionally when it was really hard for me. instead of just letting it happen naturally over time. this book taught me how to do that, but also, and more powerfully, it gave me the skill of actually forgiving while something i don't

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Fred Luskin, Ph.D. is the author of *Forgive for Good* and one of the world's leading researchers and teachers on the subject of forgiveness. He is the director of the Stanford Forgiveness Project, a series of research projects that investigate forgiveness methods.

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and ...

Fred Luskin, Ph.D. is the author of *Forgive for Good* and one of the world's leading researchers and teachers on the subject of forgiveness. He is the director of the Stanford Forgiveness Project, a series of research projects that investigate forgiveness methods.

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