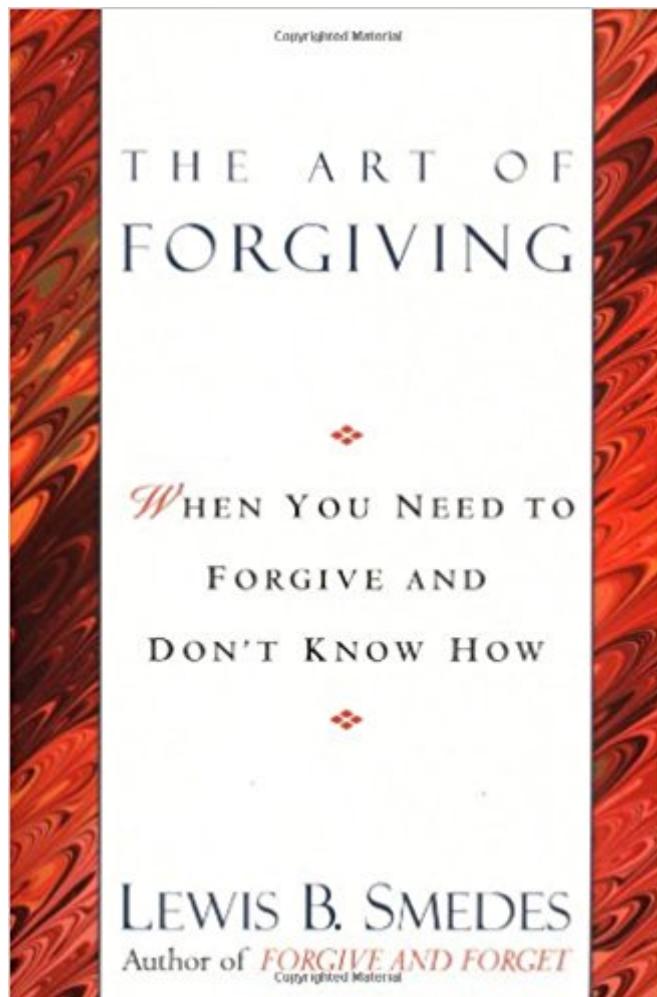


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# The Art Of Forgiving



## Synopsis

"Lewis Smedes writes about forgiveness like no one has ever written about it before. There is no better book in the English language about this subject, which, if properly mastered, can change the face of human relationships." --Neil Clark Warren  
Author of The Triumphant Marriage and Make Anger Your Ally  
If you are ready to make peace with those who have hurt or betrayed you, there can be no finer road map than this thoroughly practical book. Lewis Smedes brings true forgiveness, "Gods own gift," within the capacity of every wounded person, even in circumstances when only hate seems possible. With inspiring words, he leads you through the three stages of forgiveness and helps you understand: Why we forgive (often the person who benefits most is the forgiver) What we do when we forgive (perhaps not what we expect) Whom we forgive (only those who directly wrong us) How we forgive (we start by owning our pain)  
Using many dramatic examples drawn from life, this wise author illuminates, step by step, the healing path to peace and freedom.  
"Altogether a wonderfully wise and enabling book, one of Smedes's very best. The Art of Forgiving is itself a work of art. Throughout my reading I found myself exclaiming, 'That never occurred to me, but yes, that's right!' I felt as if I were being led by an extraordinarily lucid and perceptive guide on a tour through the land of forgiveness." --Nicholas Woltersdorff  
Professor of Philosophical Theology  
The Divinity School, Yale University

## Book Information

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## Customer Reviews

When a heinous act is committed, sometimes one wonders if forgiveness is even possible. Lewis B. Smedes would certainly advise it. "When we forgive," he says, "we set a prisoner free and discover

that the prisoner we set free is us." In an easy-to-read yet astute analysis of the meaning and value of forgiveness, Smedes teaches the reader that more than anything, forgiveness is a way of healing. He takes as his model the Judeo-Christian God and outlines the many subtleties involved in forgiveness, such as distinguishing anger from hate, and noting that we only forgive those we blame (including ourselves). Forgetting may be more difficult, but at least The Art of Forgiving can help us along the path toward release and healing.

We all know the right thing to do is usually the harder thing to do. I am continuing to struggle with forgiving and moving past conflict. I know that bitterness and anger taint my day to day existence, so why hold on to them? What or whose purpose does it serve? I'm not at the point where I could forgive the murderer of a loved one, but I strongly suggest to everyone reading this that you give up a lot of the hostility you carry around from petty disagreements with friends and colleagues. It really will make a difference in how you'll feel about yourself. --This text refers to the Hardcover edition.

There was a time when a certain person controlled my life but once I forgave her my life got so much better! This book analyses the forgiveness process that can give you your life back and show you how to forgive and that forgiving doesn't mean reestablishing the relationship. I highly recommend it. It's well written and I loved the little sayings in the back. I have read this twice and am now about to teach a class on forgiveness because someone heard me talk about it and said she needed to forgive.

Great book! Used condition. Best thoughts already highlighted, plus I added a few more.

Good reading.

This may be one of the most comprehensive and understandable books on forgiveness out there. This is my third copy. I buy, read again and give them away when someone needs to know more on this vital subject. This book was recommended to me and I would recommend it to others.

Because of pride the act of forgiving when we feel wronged can be one of the most difficult but restoring acts we can do. Through writing and examples Lewis Smedes guides the reader through the understanding and process of forgiveness.

This is a very well written book that gives you a very deep insight into forgiving. It is a fairly quick read but has plenty of meaty thoughts to digest and ponder over. I highly recommend this book to anyone who wants to better understand how to use the power of forgiveness to improve your own life and the lives of others.

I highly recommend it!

excellent

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