



Forgiveness.....From the Bottom of My Heart

R Williams

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When one hears the word “forgiveness”, many things come to mind: Songs about forgiveness; Religious references to the word; relationships with family and friends; and perhaps world peace. This book will discuss the many definitions of forgiveness, provide some religious background information on the origins of forgiving, and discuss the psychological and physical research about the act of forgiveness. The book will also discuss the influence that media and literature have on the subject of forgiveness. Forgiveness is a process, and as such there are many avenues one can pursue to assist during the journey. The book discusses some steps that can be used to help learn how to forgive, discussing the barriers that may prevent us from forgiving, and describes how one feels once they have forgiven or been forgiven.

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