



Forgive and Forget: Healing the Hurts We Don't Deserve (Plus)

Lewis B. Smedes

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For all of us who have been wounded by another and struggled to understand and move beyond our feelings of hurt and anger, Lewis Smedes's classic book on forgiveness shows that it is possible to heal our pain and find room in our hearts to forgive. Breaking down the process of healing into four stages and offering stories of real people's experience throughout, this wise book provides hope and solace for all who long for the peace that comes with forgiveness. This classic is now available in an updated paperback PLUS edition with a reader's guide and other bonus materials.

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