



## How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine}

By Dr. Jim Dincalci

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**How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine}** By Dr. Jim Dincalci

This book presents numerous ways in detail that **help heal a lifetime** of blame, resentment, grudges, and especially regret, guilt, and self-blame, so that you can **move onto a more peaceful, joyful life.**

It provides proven, powerful methods that will help you **get rid of your upsets for good** - even those that seem unforgivable, for it gives researched ways to **deal with heavy trauma, tragedy and abuse.** The author, Dr. Jim Dincalci, provides: case studies, brain studies, and how to **maintain gains made.**

1. **Discover** which of the 27 powerful forgiveness techniques is **best for you.**
2. **Defuse** the two brain mechanism that prevent forgiving.
3. **Get past** the 13 blocks to forgiving
4. **Attain self forgiveness.**

**You will learn:**

- The **8 Essentials** and **7 Secrets** for dealing with upsets.
- **12 overlooked aids** in empowering yourself to forgive
- The **3 best strategies** to manage difficult situations
- How to **get out of** the cycle of victimhood and guilt
- What trauma survivors and their family members **need to know**
- **And more**

This book can also be used as a guide to **help assist others to forgive.** Mental health, legal, religious, and medical professionals will find it useful as a guide to help people cope with very difficult problems.

\*\*Winner - Living Now 2010 Book Award \*\* Finalist - Book of the Year Award in Self-Help - Foreword Review Magazine \*\* Winner - 2011 Global E-book

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## **Editorial Review**

### Review

This is an outstanding book. What an invaluable and needed book for our times. - Angeles Arrien, PhD, Anthropologist/Author/Teacher

This book has set me free! I knew something was wrong, but I could not figure it out. I was able to identify why I felt inferiority and rejection and let them go. LeVonder Brinkley, PhD, Author/Speaker

It was easy to release upsets that I never really felt I could deal with. Dr. Dincalci covers an extensive list of forgiveness techniques, providing the tools to tackle any upset that may be currently weighing you down! - Eric F. Donaldson, PhD, University Researcher

I've experienced deep healing by forgiving others and myself. The Forgiveness Process in this book has been profound. It was the missing piece to my healing. - S. Baker, MA, Counselor

The reading is infused with evocative and inspiring quotations which enrich and sustain the reader's focus throughout. This book is best viewed as a reference to return to again and again as one attempts to pursue the forgiveness process thoroughly. - Nicholas Morano, Ph.D., ABBP, Diplomate-Clinical Psych.

From the Author

**After 15 years of development**, the stages and phases of forgiving have been **successfully mapped out** to make forgiveness **permanent**--No more continual attempts at forgiving. This book carries you through **to forgiving as you read and do the short exercises**.

**Remember**, the person you are hurting most by holding on to your resentment and anger is yourself. Unforgiven offenses eat at you, whether you know it or not, infusing your life with a bitterness that prevents you from finding peace. Essentially, refusing to forgive is like drinking poison and expecting the other person to die.

I have included **special sections in the book** dealing with **trauma, abuse, emotional stress, and self-forgiveness** to help with all types of forgiving.

From the Back Cover

**Imagine your world and your life free** of your resentments and anger.

**Learn how to** let go of your upset **and** show other how to also.

"If you are at all interested in forgiving, read this book. It will save you time, money and heartache." Ken Lebensold, JD, PhD

*"This is a really good forgiveness book. It is clear, helpful and wise. Anyone who brings a hurt or grievance to this work will be helped. I recommend **How to Forgive When You Can't** both because of the book and because of Dr. Dincalci."*

- Fred Luskin PhD, author of *Forgive for Good* and *Forgive for Love*.

## **Users Review**

### **From reader reviews:**

#### **William Roger:**

This How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine} are reliable for you who want to be described as a successful person, why. The main reason of this How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine} can be on the list of great books you must have is usually giving you more than just simple examining food but feed a person with information that might be will shock your preceding knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed types. Beside that this How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine} forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that could it useful in your day task. So , let's have it and enjoy reading.

#### **John Oliver:**

The particular book How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine} has a lot info on it. So when you read this book you can get a lot of help. The book was published by the very famous author. The author makes some research before write this book. This kind of book very easy to read you may get the point easily after reading this book.

#### **Michael Kimbrell:**

Can you one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Try to pick one book that you never know the inside because don't assess book by its handle may doesn't work here is difficult job because you are afraid that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer is usually How to Forgive When You Can't: The Breakthrough Guide to Free Your Heart & Mind {Winner: 2010 Living Now Book Award; Finalist: Self Help- Book of the Year Award- Forward Review Magazine} why because the fantastic cover that make you consider regarding the content will not disappoint an individual. The inside or content will be fantastic as the outside or perhaps cover. Your reading sixth sense will directly guide you to pick up this book.

#### **Jason Young:**

Reading a e-book make you to get more knowledge from it. You can take knowledge and information originating from a book. Book is composed or printed or created from each source that will filled update of news. In this particular modern era like right now, many ways to get information are available for you. From media social similar to newspaper, magazines, science book, encyclopedia, reference book, new and comic. You can add your knowledge by that book. Are you ready to spend your spare time to open your book? Or

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