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Forgiving the Unforgivable: Overcoming the Bitter Legacy of Intimate Wounds

Beverly Flanigan

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A clearheaded study of what life can do to us and possible ways to begin again. --Carl A. Whitaker, M.D., author of Midnight Musings of a Family Therapist and coauthor of The Family Crucible Women and men who have been deeply hurt by someone they love often experience a pain that spirals out to undermine their work, relationships, self-esteem, and even their sense of reality. In Forgiving the Unforgivable, author Beverly Flanigan, a leading authority on forgiveness, defines such unforgivable injuries, explains their poisonous effects, and then guides readers out of the paralyzing anger and resentment. As a Fellow of the Kellogg Foundation, Flanigan conducted a pioneering study of forgiveness, and from that study, from her clinical practice, and from her many years of teaching, researching, and conducting professional workshops and seminars, she devised a unique six-stage program, presented here. Filled with inspiring real-life examples, Forgiving the Unforgivable is both a practical and a comforting guide to recovery and healing.

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