



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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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

Award in Psychology/Mental Health ** Finalist - 2010 Indie Book Award in Self-Help 2010

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- Rank: #869383 in Books
- Brand: Jim Dincalci
- Published on: 2011-06-09

- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .66" w x 6.00" l, .87 pounds
- Binding: Perfect Paperback
- 294 pages

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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:

Dee Alaniz:

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} book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this guide incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This specific 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} without we understand teach the one who reading it become critical in pondering and analyzing. Don't possibly be worry 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 bring once you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even phone. 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} having fine arrangement in word and also layout, so you will not experience uninterested in reading.

Blake Westerman:

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Charles Parker:

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