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Far from minimizing the hurt of the offense, readers are called to understand that offering forgiveness and letting go of bitterness is the only way to walk in faithfulness. Drawing on biblical teaching of our call to forgive, Nancy shows the reader that forgiveness is a choice- and the only pathway to true freedom.

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For example, saying “I forgive you” sometimes may be a denial that any harm occurred or a self-defeating effort to control, manipulate or gain “moral superiority” over the offender. 1 Robert Enright, *Forgiveness is a Choice* (Washington: APA, 2001); Robert Enright & Richard Fitzgibbons, *Helping*

### **The Enright Process Model of Psychological Forgiveness**

Extending the forgiveness we have received from God to others is life’s most important choice—a choice that results in true freedom. As the late Dr. Lewis Smedes wrote, “When we forgive we set the...

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### **Forgiveness is a Choice - International Forgiveness**

Forgiveness is a conscious, deliberate decision. Moving from one way of thinking to another is an unforced, chosen, intentional process. Julie made a decision to say no, to pray, to say no, and then to say yes.

### **Forgiveness is a Choice - Roberta Fish**

Dr. Robert Enright, founder of the International Forgiveness Institute, has created a pathway to forgiveness that can help you

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## Robert D Enright

forgive if you willingly choose to do so. His latest book is a hands-on guide that walks readers through the process in 8 key steps with a special focus on self-forgiveness as well as interpersonal forgiveness.

### **Home Forgiveness Institute Benefits of Forgiving How to**

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Forgiveness can heal us and allow us to move on in life with meaning and purpose. Forgiveness matters, and we will be its primary beneficiary. Studies have shown that forgiving others produces strong psychological benefits for the one who forgives. It has been shown to decrease depression, anxiety, unhealthy anger, and the symptoms of PTSD.

### **Eight Keys to Forgiveness | Greater Good**

The SBA issued an Interim Final Rule and a new PPP loan forgiveness application, Form 3508S, greatly simplifying the PPP loan forgiveness process for borrowers with PPP loans of \$50,000 or less, excep

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