



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

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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*.

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From reader reviews:

Paulette Rodriguez:

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Michael Thompson:

Hey guys, do you desires to finds a new book to learn? May be the book with the name 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} suitable to you? The actual book was written by popular writer in this era. Typically the book untitled 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} is a single of several books this everyone read now. This kind of book was inspired a number of people in the world. When you read this e-book you will enter the new dimensions that you ever know previous to. The author explained their idea in the simple way, thus all of people can easily to recognise the core of this publication. This book will give you a large amount of information about this world now. To help you to see the represented of the world with this book.

Robert Schneck:

The book untitled 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} contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very straightforward all the people, so do certainly not worry, you can easy to read it. The book was written by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice study.

Cheri Turner:

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