

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 forgiv**e. 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*****.**

Users Review

From reader reviews:

David Robinson:

In this 21st millennium, people become competitive in most way. By being competitive now, people have do something to make these survives, being in the middle of often the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yeah, by reading a reserve your ability to survive enhance then having chance to stand than other is high. In your case who want to start reading some sort of book, we give you that 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 as nice and daily reading book. Why, because this book is usually more than just a book.

Tom Baptist:

The ability that you get from 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} may be the more deep you digging the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but 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} giving you joy feeling of reading. The copy writer conveys their point in specific way that can be understood simply by anyone who read it because the author of this book is well-known enough. This book also makes your current vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We advise you for having 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} instantly.

Maritza Kress:

Reading a publication tends to be new life style on this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Along with book everyone in this world can easily share their idea. Books can also inspire a lot of people. Many author can inspire their reader with their story or maybe their experience. Not only the storyline that share in the textbooks. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on this planet always try to improve their expertise in writing, they also doing some analysis before they write with their book. One of them is 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}.

Candy Smith:

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