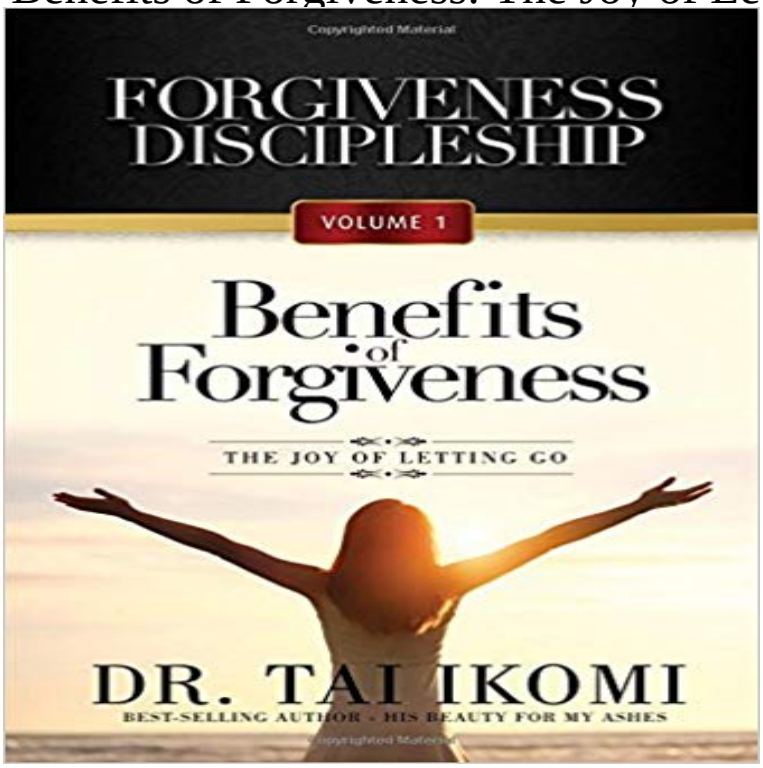
Benefits of Forgiveness: The Joy of Letting Go



FORGIVENESS DISCIPLESHIP - VOLUME 1 When we are offended, we are in essence, struck emotionally. We get angry and we carry the emotional burden everywhere we go. Benefits of Forgiveness is the first volume in a five-volume series, titled, Forgiveness Discipleship. This book will teach you how to get rid of this pain, anger and resentment through the power of forgiveness. The book will show you how forgiveness can preserve your social relationships and avoid the health hazards being unforgiving brings. You will learn what the Bible says about the importance of Christian forgiveness and how it can be achieved. Each chapter ends with a Forgiveness Prayer that will help readers express themselves to God. The book is simple, practical and laden with stories, examples and illustrations of forgiveness. The chapters are short, to help the reader easily absorb their contents.
Dr. Ikomi also shares her own life experiences within this book, including how she forgave the man who killed her husband and three children on an interstate while driving drunk. This book is a must read

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