



How to Forgive Yourself and Others (Newly Revised and Expanded): Steps to Reconciliation

Father Eamon Tobin

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"Nothing could be clearer in the Gospel than Jesus' command to forgive life's hurts and injustices. . . . Following this command of Jesus is surely one of life's greatest challenges."

In this popular booklet, which has been totally revised and expanded, the author clarifies what forgiveness is, names reasons why we should do the hard work of forgiveness, names obstacles to forgiveness, offers practical suggestions on how prayer can help us to forgive, and responds to difficult questions.

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