



# Forgive to Live Workbook

Dick Tibbits

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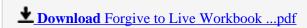
Dick Tibbits

Forgive to Live Workbook Dick Tibbits

Everyone has a "grievance story" -we've all been hurt or rejected by someone who mattered to us. Enter forgiveness.

Unfortunately, while most of us have been told *to* forgive, we've never been told *how* or *why* to forgive. But in his medically acclaimed book *Forgive to Live*, and now in this workbook, Dr. Dick Tibbits demonstrates that understanding and practicing forgiveness can literally save your life!

Dr. Tibbits' pioneering research has revealed that a failure or inability to forgive creates an inner anger that affects our emotional, spiritual and physical well-being. But his work has also revealed a solution: **forgiveness.** And this interactive guide will show you how to forgive-insight by insight, step by step-in a workable plan that can effectively reduce your anger, improve your health and put you in charge of your life again, no matter how deep your hurts.



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