



Forgiving the Unforgivable

Beverly Flanigan

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"A clearheaded study of what life can do to us and possible ways to begin again." --Carl A. Whitaker, M.D., author of *Midnight Musings of a Family Therapist* and coauthor of *The Family Crucible* Women and men who have been deeply hurt by someone they love often experience a pain that spirals out to undermine their work, relationships, self-esteem, and even their sense of reality. In *Forgiving the Unforgivable*, author Beverly Flanigan, a leading authority on forgiveness, defines such unforgivable injuries, explains their poisonous effects, and then guides readers out of the paralyzing anger and resentment. As a Fellow of the Kellogg Foundation, Flanigan conducted a pioneering study of forgiveness, and from that study, from her clinical practice, and from her many years of teaching, researching, and conducting professional workshops and seminars, she devised a unique six-stage program, presented here. Filled with inspiring real-life examples, *Forgiving the Unforgivable* is both a practical and a comforting guide to recovery and healing.

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