



How Can I Forgive You?: The Courage To Forgive, the Freedom Not To

By Janis A. Spring

Harper, 2004. Hardcover. Condition: New. Dust Jacket Condition: New. 1st Edition. From bestselling author Janis Spring comes a long-awaited second book which tackles the sensitive issue of forgiveness with anecdotes and clinical case material. The topic of forgiveness is fast becoming one of the key concepts in psychotherapy. Until now, explains Spring, we have bought into the myth that forgiving is not only good for you but is the only morally sound response to violation. We believe that there are only two choices, to forgive or not, and that forgiveness is an unconditional gift that does not have to be earned by the offender. In *How Can I Forgive You?*, Spring debunks these myths and offers a new way to think about this critical dynamic; illuminating a middle ground between total forgiveness and not forgiving, an approach that enables the hurt party to maintain self-respect and get on with their lives.



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