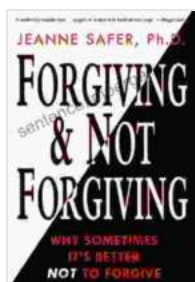


Forgiving and Not Forgiving: A Journey Through the Landscape of Forgiveness

In this thought-provoking and deeply personal book, bestselling author and spiritual teacher Iyanla Vanzant explores the complex and often misunderstood landscape of forgiveness. Drawing on her own experiences and the wisdom of others, Vanzant offers a compassionate and practical guide to understanding and navigating the challenges and opportunities of forgiveness.



Forgiving and Not Forgiving: Why Sometimes It's Better Not to Forgive by Jeanne Safer

★★★★☆ 4.5 out of 5

Language : English

File size : 353 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 226 pages



Vanzant begins by asking the fundamental question: what is forgiveness? She argues that forgiveness is not about condoning or excusing wronging, but rather about releasing the burden of anger and resentment that we carry within us. Forgiveness, she says, is a gift that we give to ourselves, not to the person who has wronged us.

Vanzant then explores the different types of forgiveness, including self-forgiveness, forgiveness of others, and forgiveness of the past. She offers practical advice on how to forgive in each of these situations, and she shares stories from her own life and the lives of others to illustrate the transformative power of forgiveness.

Vanzant also addresses the challenges of forgiveness. She acknowledges that forgiveness can be difficult, and sometimes impossible. She offers guidance on how to deal with the pain and anger that can make forgiveness seem out of reach. She also discusses the importance of setting boundaries with people who have wronged us, and she offers advice on how to protect ourselves from further hurt.

Ultimately, Vanzant argues that forgiveness is a choice. It is a choice that we make for ourselves, and it is a choice that can have a profound impact on our lives. Forgiveness can heal our wounds, free us from the past, and open us up to new possibilities. It is a gift that we can give to ourselves and to the world.

Forgiving and Not Forgiving is a must-read for anyone who has ever struggled with the challenges of forgiveness. It is a book that will help you to understand the nature of forgiveness, to navigate the challenges of forgiveness, and to experience the transformative power of forgiveness in your own life.

About the Author

Iyanla Vanzant is a New York Times bestselling author, spiritual teacher, and television personality. She is the host of the Emmy Award-winning talk show *Iyanla: Fix My Life*, and she has written several books on personal

growth and spirituality, including In the Meantime, One Day My Soul Just Opened Up, and Getting Over It.

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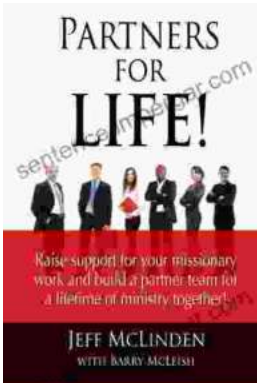
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