

# True FORGIVENESS



THE KEY TO HAPPINESS

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# Introduction

If you do not know what it feels like to forgive, then you are missing out on a great deal in your life. You can make yourself psychologically stronger by learning to forgive and it's easier than you can ever imagine. As you read through this book, it is suggested that you take the lead by practicing the exercises that are mentioned within each of the chapters. Often times, people struggle to get past painful memories in their lives. Even though this is not something new and we all know that we should learn to forgive and forget since elementary school! Unfortunately, many people tend to dwell on the past and that only creates a downward spiral of pain and disappointments.