



Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness

Eileen Borris-Dunchunstag

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Free yourself from anger, pain, and the past

Have you ever felt betrayed, hurt, or wronged? Are you struggling to get over a nasty divorce, the death of a loved one, a shattered friendship, or broken family ties? This book will help you deal with conflicted emotions and find it in your heart to forgive. Written by Dr. Eileen R. Borris-Dunchunstang, an internationally known speaker on conflict resolution and trauma recovery, *Finding Forgiveness* offers a remarkably sensitive yet powerful approach to healing your heart, lifting your spirit, and finding the power to love, grow, and forgive.

The 7 Steps Toward Forgiveness

Gain inner peace through newfound compassion, understanding, and acceptance.

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