



# Dare to Forgive: The Power of Letting Go and Moving On

*Edward M. Hallowell M.D.*

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In a book that gets more timely by the day, bestselling author Ned Hallowell shows that forgiveness is strength—and also that it's essential to living a healthy, happy life.

Forgiveness is not a sign of weakness but of strength. It's also healthy, brave, contagious and sets you free. In this book, Dr. Hallowell not only explains why forgiveness is one of the best things you can do to heal your body and mind; he also offers a practical, four-part plan for achieving it.

True stories illustrate the power of forgiveness in real lives, from a wife who forgives the hurtful words of her husband to a mother who forgives the man who kidnapped and murdered her daughter.

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