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Frederic Luskin

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Based on scientific research, this groundbreaking study from the frontiers of psychology and medicine offers startling new insight into the healing powers and medical benefits of forgiveness. Through vivid examples (including his work with victims from both sides of Northern Ireland's civil war), Dr. Fred Luskin offers a proven nine-step forgiveness method that makes it possible to move beyond being a victim to a life of improved health and contentment.

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