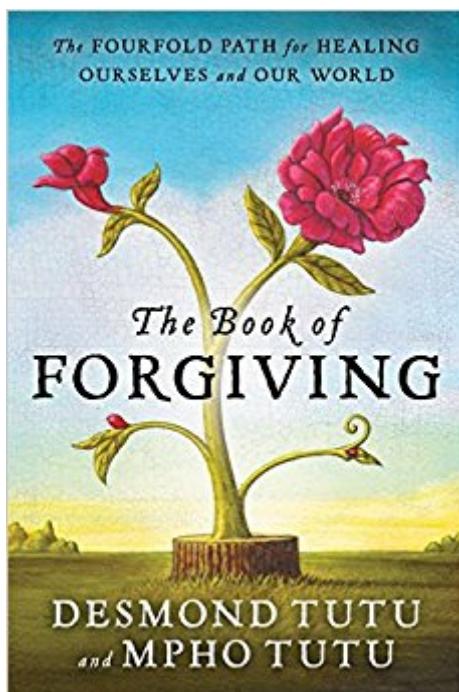


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# The Book Of Forgiving: The Fourfold Path For Healing Ourselves And Our World



## **Synopsis**

Archbishop Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commission, along with his daughter, the Reverend Mpho Tutu, offer a manual on the art of forgiveness "helping us to realize that we are all capable of healing and transformation. Tutu's role as the Chair of the Truth and Reconciliation Commission taught him much about forgiveness. If you asked anyone what they thought was going to happen to South Africa after apartheid, almost universally it was predicted that the country would be devastated by a comprehensive bloodbath. Yet, instead of revenge and retribution, this new nation chose to tread the difficult path of confession, forgiveness, and reconciliation. Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness; and renewing or releasing the relationship. Forgiveness is hard work. Sometimes it even feels like an impossible task. But it is only through walking this fourfold path that Tutu says we can free ourselves of the endless and unyielding cycle of pain and retribution. The Book of Forgiving is both a touchstone and a tool, offering Tutu's wise advice and showing the way to experience forgiveness. Ultimately, forgiving is the only means we have to heal ourselves and our aching world.

## **Book Information**

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## **Customer Reviews**

The Book of Forgiving by Desmond Tutu and his daughter Mpho is transforming my understanding of what forgiveness is and is not, and what's required for it to be possible -- and genuine -- rather

than a facade, a sign of avoidance, or something that remains locked out of reach. Father and daughter both invite us to understand how much personal and collective work (and courage) is actually involved in activating cycles of healing and transformation, rather than staying locked in cycles of retaliation and transmission of wounds. Their book is largely based on stories from post-Apartheid South Africa. Some of these stories involve people who were willing to talk about and work through the atrocities and injustices they suffered or perpetrated over decades. They are inspiring and made me wish we had Truth and Reconciliation Commissions everywhere. Not that this process has resolved everything in South Africa... but it has made a big difference, and it offers a different possibility and path to those who are willing to explore how to engage with our world's (and our own) dark side more productively. The book also draws on more personal stories from the authors' lives as well as acquaintances who suffered first- or second-hand physical or sexual violence, and learned how to forgive so they could free themselves from the grip of what they experienced. One of the Tutus' recurring messages is that there can't be genuine or lasting social healing or forgiveness without first telling and hearing the truth about what happened (or continues to take place) and acknowledging what impact that has had or is having.

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