



# **Chicken Soup for the Soul: The Power of Forgiveness: 101 Stories about How to Let Go and Change Your Life**

*Amy Newmark, Anthony Anderson*

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## **Chicken Soup for the Soul: The Power of Forgiveness: 101 Stories about How to Let Go and Change Your Life** Amy Newmark, Anthony Anderson

Forgiveness frees us to get on with our lives! We can all benefit from letting go of our anger, and the 101 personal, touching stories in this collection will help you see the power of forgiveness and how it can change your own life.

Whether it's forgiving a major wrong or a minor blunder, forgiving someone is healing and frees you to move on with your life. You don't have to forget or condone what happened, but letting go of your anger improves your wellbeing and repairs relationships. You will be inspired to change your life through the power of forgiveness as you read the 101 stories in this book about forgiving others, changing your attitude, healing and compassion.

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