

# The Tao of Forgiveness

The Healing Power  
of Forgiving Others  
and Yourself



William Martin  
author of *The Parent's Tao Te Ching*

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# The Tao of Forgiveness: The Healing Power of Forgiving Others and Yourself



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Just how do we forgive when forgiveness appears impossible? Bestselling Taoist author William Martin brings the power of the Tao to the fundamental practice of forgiveness, creating a unique route from guilt, blame, and shame to reassurance and independence. William Martin, writer of the bestselling *The Parent's Tao Te Ching*, provides practical and time honored answers. He weaves excerpts from the ancient sacred Taoist scriptures together with insightful teaching stories, getting the practice of forgiveness to visitors of most spiritual backgrounds. Each chapter includes two parts—a trip toward forgiveness and a practical exercise in forgiving—and also includes personal anecdotes, poems, and basic exercises. In this available function, he illustrates how forgiveness is independence and that the pathway to overcoming anger can be the best way to spiritual liberation. With the devastating personal and societal damage caused by resentment, anger, guilt, and shame in mind, Martin patiently and compassionately helps readers overcome the ills of "holding on" with the openness of the Tao.



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Among the best books I have ever read I found this to be a beautiful book in accepting ourselves and others with almost all our foibles and flaws and moving beyond our tendency to dwell on imperfections and errors and instead seeking with loving and forgiving eyes and hearts at the city of humankind. The author helped me to view myself as inseparable from everything and everyone else in the universe, and to strive to find the lessons and opportunities for spiritual development in every circumstances. This reserve is a treasure, full of wisdom and hope. An absolute must have for your library This book is astounding, to say the least!! Many thanks so very much Bill for sharing your gift of writing! Clear, simple ideas for living a peaceful lifestyle. For me, especially chapter 13, this book changed my whole outlook about forgiveness!! I truly wish more would teach this type of forgiveness.. Helpful. Internal healing is key, which has the right advice. This is an excellent book--a detailed guide you can follow to the extent you're able: Go through. Easy to read but very deep reserve. Must read for anyone keeping painful memories It took me some time to finish reading, since it have me a lot to consider and I needed time between each chapter to digest the material. Read it on my lunch time breaks at the job when i Was having a lousy day time and it made a huge difference in how I linked to the people I use. Insightful I love this reserve for it's beauty and direction in life. Do it again. Powerful Book This book gives me stories which are simple an easy task to tell and then exercises to take it into request, I am so touched by this book. Good, helpful book Written in basic language that's easy for anyone to understand. The Tao is now part of my everyday activity. This publication has exercises by the end of every chapter that you practice to help "do the task". inner healing is key to growth--yes this is good self work takes function and holding onto past hurts can be an important part of moving forward. Great!.soothing!. These excercise are effective. This is only a great book. A new perspective on life Extraordinary. It had been if a complete new perspective was simply waiting to be found. Best read iteratively . . . Must read Will be reading this book a few times. Do what you can. It fills me with knowledge and if you are experiencing problems forgiving, please try this reserve for it's soothing and insightful words. (this review is for the quality of the book's content material, it's not about the health of the book or how fast it got to me) Five Stars thank you! It is the book we are using inside our group, we are doing this work together. Helpful and the thoughts, exercises and guided meditations are great!



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