



daily GOOD

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. --Mark Twain

Eight Steps Towards Forgiveness

No matter who you are, you have undoubtedly experienced hurt in your life. And oftentimes, that hurt is compounded by the fact that you do not have the tools necessary to offer forgiveness, and thus begin the healing process that is critical to moving on with your life. In this succinct essay, Robert Enright offers a path to help move us towards forgiveness.

Be The Change:

Experiment with one or more of the steps in Enright's article this week.