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*Gerald G. Jampolsky*

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## ????????: ???? ???? ??? ??????? Details


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## Samar Almosa says

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## Eman Ali says

[illegible]

## Ali Jawad says

In 2014, I was totally hopeless and completely desperate. I was feeling down and lost. My mentor asked me to read this book. It made me cry for 3 days after I read: “forgive yourself.” and was shouting: “how can I forgive myself and all what happened to me was because of myself?” ... then on the 4th day, I realized that to live in peace, I must forgive myself. And I did. Oh my God, my entire life has changed and a new me has born.

## Nojood Alsudairi says

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## Nasser Moh'd says

[illegible]

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[illegible]

## Abdurrahman Khamis says

[illegible]

## DPetrichor says

I am so glad I read this book. There were moments when I got goosebumps while reading it. It taught me many important things and also helped me re evaluate my opinion about forgiveness. It's a must read for everyone I'd say. Something shifted within me after reading it.

**???????** says

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## Hesham ellaveh says

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### **Raed Almutairi says**

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### **Thuraya Batterjee says**

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### **Mohammed says**

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### **????? ?????? says**

forgiveness means peacefulness and freedom .

set yourself free by forgiving yourself for all the things you should've said and done but didn't.

and forgive others.

a very simple book but quite important.

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### **Muna says**

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### **Melissa says**

I need to read this again, and do the work that the book lays out, but I'm glad to have read through it and learned the content. It's simple information well presented, but difficult work. Jampolsky's personal life anecdotes are helpful, as are those of others he writes about. This book is easy to read, but again, will take time and hard work to implement, as Jampolsky implies - though he does also suggest it can happen very quickly for some people. There's seemingly nothing new in there, like there's nothing new under the sun, but it's helpful to have all this thinking about "forgiveness" and it's true value in one place, and written by someone who had to himself "do the work" to end up on the other side.

