



# **The Forgiveness Solution: The Whole-Body Rx for Finding True Happiness, Abundant Love, and Inner Peace**

*Philip H. Friedman*

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Dr. Friedman believes that at the root of almost all emotional problems is unforgiveness (grievances, judgments and attack thoughts)-- towards others, ourselves, our circumstances, God, anyone or everyone. The Forgiveness Solution is an easy to learn, practical and integrative process whereby we learn to shift and release our perceptions, attitudes, images, energy and distressing feelings (anger, guilt, hurt, shame, anxiety, panic, trauma etc) and simultaneously re-empower ourselves by choosing and deciding to forgive. He teaches us many powerful exercises, tools and techniques that show us exactly how to forgive rather than just talking about forgiveness. In The Forgiveness Solution Dr. Friedman introduces us to the new, highly effective healing techniques of Transformational Forgiveness and Energetic Forgiveness. When we forgive we find within ourself the capacity to feel an authentic sense of peace and contentment when thinking about the person or situation we previously perceived as hurting or harming us while giving up the desire for retribution, punishment, or harm. This almost always leads to much greater happiness and joy. The next step in the Forgiveness Solution process is learning to develop positive, compassionate and often loving feelings toward the people and circumstances (including ourselves) that we previously perceived as hurtful. Finally, we learn to interpret -- and then realize -- that these upsetting experiences are opportunities for profound personal and spiritual healing and growth.

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