



Release and Forgiveness

Ruth Ann Polston

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Why do we hold grudges? Why do we harbor bitterness and resentment? By refusing to release or forgive someone, are we proving anything? Are we really punishing the other person—or are we punishing ourselves? Who is the slave and who is the master?

As you read this book, you'll find that release is just as much for us as it is for the other person. Find release for your life by releasing others; you'll be glad you did.

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