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In the Forgive for Good workshop and class series Dr. Frederic Luskin presents the forgiveness training methodology that has been validated through six successful research studies conducted through the Stanford Forgiveness Projects.

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Forgive For Good is an accessible and practical guide to learning the power of forgiveness. (John Gray, Ph.D., author of Men Are from Mars, Women Are from Venus) I have read many books about forgiveness; this one is by far the best. (Rabbi Harold S. Kushner, author of When Bad Things Happen to Good People)

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[I Forgive For Good A Proven Prescription for Health and Happiness \(Harper One, 2002\) Fred Luskin, Ph.D.](#)

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Fred Luskin, Ph.D. is the author of Forgive for Good and one of the world's leading researchers and teachers on the subject of forgiveness. He is the director of the Stanford Forgiveness Project, a series of research projects that investigate forgiveness methods.

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The practice of forgiveness has been shown to reduce anger, hurt depression and stress and leads to greater feelings of hope, peace, compassion and self confidence.

Practicing forgiveness leads to healthy relationships as well as physical health. It also influences our attitude which opens the heart to kindness, beauty, and love.

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Forgive for Good distills the essential elements of my forgiveness training into a program that can be of great value to many. In my work I have heard untold stories of pain and mistreatment, but here are techniques that can help you feel less hurt and angry. My forgiveness work has shown that to forgive now also can help you limit the degree to which you get hurt in the future.

Forgive for good @ LearningToForgive.com

This ground breaking approach offers insights into the healing powers and medical benefits of forgiveness. Dr. Fred Luskin offers a powerful method in which the emphasis is of letting go of hurt, helplessness and anger while increasing confidence, hope and happiness.

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Download the app based on Dr. Fred Luskin's best-selling book Forgive for Good, A proven Prescription for Health and Happiness. Forgiveness is about your healing and not about the people who hurt you.