Why is FORGIVENESS so FASCINATING? Check out these topics: Forgiveness: Decision or Feeling? The Six Foundations of Forgiveness The Hardest to Forgive The Forgetting Myths The State of Forgiveness Practical Forgiving Jane Freund is an author, speaker, encourager and book coach. As an adult child and daughter of an alcoholic, she is and has been in various states of recovery and life-long learning in the art/ability of forgiveness. Each insightful chapter closes with helpful, life-affirming exercises and suggestions from Jane. Jane has published numerous articles and is best known for writing books on overcoming self-sabotage, her cancer journey, and friendship. Seventeen books and countless speaking engagements later, she has become known for her work with families and children of all ages. Prior to turning her energies to her love of books, Jane taught Communication for ten years at Boise State University. She is a co-founder of the Inspirational Women Authors and Idaho Authors Community.

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